

the right “fit”— Finding the therapy approach that fits **you**

Cognitive Behavioral Therapy (CBT): CBT is a commonly used talk therapy which makes individuals aware of destructive or unhelpful thinking habits, such as beliefs where we see ourselves and the future negatively and behaviors in which we act like a negative future is unavoidable. A person who has been successfully treated with CBT can problem solve more effectively. CBT is especially helpful in depression and anxiety but is also used to treat various mental illnesses and life challenges such as stress, interpersonal conflicts, and loss.

Somatic Focused Therapy: Somatic therapy is a mix of talk therapy and physical movement/activities to link mind and body for a holistic approach to an individual's mental health. Somatic Therapy is useful when dealing with anxiety, trauma, depression, stress, addiction, medical issues, and more. Some examples of these somatic interventions include yoga, somatic experiencing, and meditation.

EMDR (Eye Movement Desensitization and Reprocessing): EMDR involves asking clients to physically track therapist-guided cues while mentally focusing on a specific moment in time, in order to “reprocess” or “reprogram” traumatic events. These cues may involve tracking side to side eye movements, a light tap on one hand and then the other, or a tone heard in one ear and then the other. A client who has completed their EMDR treatments typically reports experiencing less negative emotions associated with memories of the trauma or stressor.

Emotionally Focused Therapy (EFT): EFT is a type of therapy predominantly used with couples which examines the way in which spouses or partners communicate with each other and what it triggers in each emotionally. In EFT the therapist assists couples to recognize patterns in their relationships and learn new skills in relating that helps them build trust and intimacy with one another. Ultimately, EFT is meant to help couples deepen their connections and strengthen their relationships.

Play Therapy: Typically for our younger clients, Play Therapy allows individuals to express themselves through play in an inviting, age appropriate space. Through observing and participating in a child's play, therapists can gain an understanding of what a child is going through and how their developmental level is impacting how they are trying to cope. The therapist can then help teach the child healthy ways to process their experience as well as teach skills for successful self-management and communication. Play therapy can be an avenue to help young children learn to manage anxiety, heal from trauma or

depression, gain better communication skills and behavioral responses, and build social skills. When parents participate, Play Therapy can also help improve parenting skills.

Family Systems: This type of therapy focuses on families as a whole. Individuals enrolled in family systems therapy are taught that when one family member is affected by an issue, the entire family is also affected. Family Systems therapy demonstrates that it's important for the family to work together in order to overcome challenges and adversity. This therapy can be beneficial for a wide range of mental illnesses, addictions, and eating disorders.

Narrative: In Narrative therapy, clients retell events in their life. When examining these stories, the therapist can help the client reframe issues so they can be viewed in a constructive way (as opposed to a damaging one), as well as highlight the client's strengths, which empowers the client. This therapy is also helpful for clients looking to find or create a sense of purpose.

Psychodynamic: In Psychodynamic therapy the client speaks openly about various parts of their life as they are relevant to their current distress. The therapist helps identify patterns and conflicts that the client is facing and together they work to find resolutions. This therapy is useful for anxiety, depression, addiction and similar disorders. Oftentimes this therapy is used to help clients find meaning or rekindle their life's purpose.

Solution Focused: Also called Solution Focused Brief Therapy, this therapy helps a client create goals and imagine the outcome that a client could achieve once these goals are met. Thus, clients are more motivated to follow through because they are aware of the benefits they may receive. This therapy can stand alone or be used to compliment other forms of therapeutic treatment.

Existential Therapy: Existential therapy is a therapy based upon underlying principles in philosophy, meaning making and identifying purpose in one's life. In this therapy clients explore their life experience, gain insight to obstacles that stand in their way, and learn how to utilize tools to help them reach their highest potential. By focusing on accountability and self-awareness, clients discover how embracing responsibility for their lives and their choices gives one's life experience more meaning and purpose. Through Existential therapy, the client can become more aware of their motivations and, make meaningful choices that create more positive outcomes in the future.