

Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase wellness. Mindfulness can be thought of as maintaining contact with mental experience in the present moment, rather than drifting into automatic pilot. Acceptance of things as they come, without evaluating or attempting to change them, is a skill to enhance feelings of peace and calm. In ACT, you will learn how you use language and automatically adhere to certain thoughts, and how these behaviors complicate your wellbeing. In therapy, interventions which are used often include: metaphor, paradox, and experiential exercises (to minimize fear and experiential avoidance) and Cognitive Behavior Therapy (CBT). *This approach is homework based.*

Behavior Therapy

Behavior therapy is focused on changing your behavior so that you can develop new ways of thinking and feeling. Behavior therapy is a structured approach that measures what you are doing presently, and creates goals and subtasks to complete. Common techniques include: self-monitoring, scheduling weekly activities, role playing, and behavior modification. In-vivo exercises (actual or imagined steps of change), coupled with stress reduction and emotional tolerance activities are encouraged. The goal of behavior therapy is to become consistent in new behaviors. *This approach is homework based.*

Cognitive Behavioral (CBT)

Cognitive behavioral therapy (CBT) is a widely used evidence-based practice for treating a range of disorders. CBT focuses on the development of new coping strategies that target your current problems and attempt to change unhelpful patterns in your thinking, behaviors, and emotional regulation. CBT is problem-focused and action-oriented. In therapy, you will recognize your cognitive distortions (unhelpful styles of thinking), including: “always being right, blaming, disqualifying the positive, emotional reasoning, fallacy of fairness, filtering, jumping to conclusions, labeling and mislabeling, magnification and minimization, overgeneralization, personalization, should statements, and splitting (All-or-nothing or black-and-white thinking).” Use of behavioral therapy, thought-mood journals, and challenging thoughts are frequent tools in CBT. *This approach is homework based.*

Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy (DBT) is a therapy designed to help people suffering from mood disorders, borderline personality disorder, self-harm, suicidal thoughts and substance abuse. Often, individuals who have difficulty containing mood lability will find help in this treatment. In DBT, four groups of skills are explored and demonstrated: emotional regulation and reality-testing, distress tolerance, acceptance, and mindful awareness. You will learn about triggers that lead to your reactive states, and to assess which coping skills to apply. *This approach is homework based. You will need to purchase a workbook or two. Requires weekly therapy (at the minimum).*

Emotionally Focused Therapy (EFT)

Emotionally focused therapy (EFT) centers on two key skills: 1) connecting and experiencing your emotions through increased awareness and acceptance, and 2) you learning to transform emotions and better use the information they provide to avoid negative or harmful behaviors or other effects. EFT aims to reshape your attachment strategies towards optimal interdependency and emotional regulation, for resilience and physical, emotional, and relational health. In EFT, the following techniques are often used: empathic exploration, experiential focusing, allowing and expressing emotion, emotional labeling (with mindfulness), trauma retelling, two-chair dialogue, and developing alternative coping behaviors. The therapist takes a compassionate, accepting tone.

Existential Therapy

Existential psychotherapy is a philosophical method of therapy that operates on the belief that your inner conflict is due to internal confrontation with the givens of existence: the inevitability of death, freedom and its associated responsibility, existential isolation, and meaninglessness. In therapy, you will learn that you are ultimately alone in the world, even though you long to connect to others, and therefore have to ultimately provide your own validation, meaning and values. In this approach, you will learn to face anxieties head-on and embrace change. By building, loving, and creating, you will be able to live life as an adventure. Four domains of life are typically addressed in therapy: physical, social, psychological and spiritual. ET draws on many different tools in therapy as well as art, music, hobbies and more.

Humanistic Therapy

Humanistic psychology believes people are inherently good and holistic approaches to health provide the greatest respect to individuals. In therapy, particular attention will be given to your creativity, free will, and positive human potential, encouraging your self-exploration to find a "whole person" view. In therapy, you will be encouraged to deepen self-awareness, take personal responsibility over your own choices and decisions, and to focus on health, wellness and joy. The focus will be on the present moment or here-and-now, not the past or future. Often in this approach, the therapist uses active listening and resists impulses to become overly prescriptive or directive.

Hypnotherapy

Hypnotherapy uses hypnosis (a relaxed, state of consciousness opened to power of suggestion) to help facilitate your behavioral and emotional change. First, your goals and past history are examined to see if they are compatible for hypnotherapy. Use of relaxation techniques, visual imagery, suggestions and other techniques are utilized in therapy. You will be fully alert by the end of each session.

Narrative Therapy

Narrative therapy seeks to help you "co-author a new narrative." You will create a new story about yourself, which will be practical and helpful. The narrative process allows you to identify what values are important to you and how you might use your own skills and knowledge to live these values. Externalizing the problem is central to this approach, as you will explore: "The person is not the problem, the problem is the problem." In this approach, the therapist is collaborative (not prescriptive of ideas), curious, and humanistic. Techniques such as becoming an "investigative reporter," "outsider witness" and others are used.

Nondual Therapy

Nondual Therapy is philosophy in which the "goal" (if you want to call it that) is for you to return to the natural state (often termed: "unconditioned awareness"). Traditionally, when suffering happens, most of us believe our thoughts, emotions and behaviors are problematic and something to be rid of. When we experience happiness, often we wish to stay in the desire mode and to continue getting the objects of our affection. In therapy, you will learn to simply observe internal and external experience from a place of peace, and rest in the sense that you already have everything in the present moment and you are already perfect as you are. The central notions of independence from "the self" (becoming the Witness of that which thinks, emotes, behaves, etc.), nonjudgmental attitude, curiosity and wonder are encouraged. Many techniques will be used in therapy, such as: 1) reexamining the perceived suffering and to inquire and reflect into the truth, 2) deeply asking yourself the question, if "you are not already at peace right now?" 3) noticing dualistic thinking (black and white) and the notion that you wish to perpetually control an imagined reality, 4) relaxing into the Unknown, 5) natural release of attachment to thoughts and emotions through breath and body, and 6) awakening to the truth of "what is," not our conceptual definition of reality. Byron Katie's "The Work" is also a helpful approach and will be used. *This approach requires a contemplative practice.*

Reality Therapy

According to Reality Therapy, people have five basic psychological needs: survival, love, power, freedom, and fun. We are always trying to meet one of these five needs. In therapy, you will create realistic goals to address these five domains. One of the central tenets is personal responsibility, and to become more deeply aware of the "decision points" in our lives and to again take charge of your destiny. Learn to take life "head-on" through use of the present-moment awareness, analysis of current behavior, developing new practical goals and solutions, committing to plans of action and accomplishing your dreams.

Schema Therapy

Schema Therapy is helpful for understanding chronic relational patterns with life. A schema is an extremely stable, enduring negative pattern that develops during childhood and is often perpetuated throughout your life. You view the world through your schemas as they are important beliefs and feelings about yourself and the environment which you accept without question. The types of schemas are: Emotional Deprivation (our needs won't be met), Abandonment (we will lose close people around us), Mistrust (people will take advantage of us), Social Isolation/Alienation, Defectiveness/Shame, Failure (one is incapable of success), Dependence (we cannot tackle problems without help), Vulnerability to Harm and Illness, Enmeshment (too much emotional involvement with others), Subjugation (one must submit to control of others), Self-Sacrifice, Emotional Inhibition, Unrelenting Standards, Entitlement or Grandiosity, Insufficient Self-Control, Approval-Seeking, Negativity, and Punitiveness. In therapy, we will evaluate your schemas (often people have between 2-4 chronic ones) and how they have impacted your life and present functioning. We will then use different tools from other therapeutic orientations while you are provided a safe, reliable, nonjudgmental container. *Requires purchase of a book and homework.*



Solution-Focused Brief Therapy (SFBT)

Solution focused (brief) therapy (SFBT) is a short-term, goal-directed collaborative approach to therapy. Therapy sessions will focus on the present moment and solutions. Each session you will be focused on your goals, describing a detailed view of what you are currently doing and what you want to do instead. Therapy will be structured and directive. Specific questions are used in therapy, including: miracle questions (what would life be like if situation was miraculously resolved), exception questions (when exceptions to the problem happened), coping questions (specific resources that are going underutilized), and scaling questions (measure your experience). Time-outs from the problem, praise and engaging in “problem-free talk” are also helpful. *This approach is homework based.*

Relationship counseling, couples and/or families

Gottman Method Couples Therapy (GMCT)

Gottman Method Couples Therapy (GMCT) is based on the work of Dr. John Gottman, who is author of over 190 academic articles and author/co-author of 40 books including “The Seven Principles for Making Marriage Work.” The Method is based extensive research from over 40 years (4,000 real couples) who have lived for a day at the Gottman’s Seattle-based “Love Lab” clinic. In order to make a relationship last, there are 3 goals in the method: Couples must 1) become better friends, 2) learn to manage conflict in healthy ways, and 3) create ways to support each other’s hopes for the future.

A thorough assessment (via PDFs completed at home) of Seven areas of your relationship, called the “Sound Relationship House,” will be assessed:

- 1) Build Love Maps: Determine how well you know your partner’s inner world, stresses, and hopes
- 2) Share Fondness and Admiration: Determine the level of contempt and instead focus on the amount of affection and respect within a relationship, through building of appreciation and respect
- 3) Turn Towards: State your needs, be aware of bids for connection, turn towards your partner during every-day interactions
- 4) The Positive Perspective: The presence of a positive approach to problem-solving and the success of repair attempts
- 5) Manage Conflict: Relationship conflict is natural, and so it is important to understand how to handle perpetual problems
- 6) Make Life Dreams Come True: Create an atmosphere that encourages each person to talk honestly about his or her hopes, values, convictions and aspirations, and
- 7) Create Shared Meaning: Understand important visions, narratives, myths, and metaphors about your relationship.

Therapy will include over 50+ interventions which are well-designed to strengthen your relationship.

Family Therapy

Family therapy views the family as a system, rather than specific individuals being the problem. Often, select family members are identified by the family as the scapegoat (“identified patient”) when it is the family system itself that needs work. Therapy helps family members see the larger context and their roles in the dysfunctional patterns. Families are complex and it takes time to decode all of the behavior chains. Family therapy can seem scary, but the therapist will help you to air your “family secrets” in a safe, nonjudgmental environment. The following techniques are often used in family therapy: Genogram (family tree showing relationships, events, abuse, dysfunctional behaviors, etc.), communication training, role playing, role reversals, brainstorming, and more. The goals of family therapy are varied, but may include: awareness of emotional triangles, awareness of anxiety transmissions and relationship difficulties, reducing emotional cutoffs (family members who are distant or avoid family activities), creating healthy roles, balanced and effective power dynamics and more.