

Therapy Methods for Adults

My approach when working with adults is dependent on assessment data, presenting issues, best practice standards (i.e., modalities informed by research and in keeping with the dignity of the person), and the training I have received. I believe that 80% of the healing for clients takes place within the relationship I have with them. Building a relationship in which the client feels safe and unconditionally accepted forms the foundation upon which any of the following methods are used. Below are the methods of treatment you can expect from me.

Skills Training: Anger Management, Coping Skills

Many adults experiencing social-emotional problems or mental health conditions benefit from direct skills training. Some adults due to prior trauma have difficulty regulating strong emotions such as frustration, anger, and anxiety. These adults often benefit from learning to label their feelings, identify their triggers, and develop a realistic coping plan for themselves. Furthermore, many adults will benefit from learning how to systematically relax and calm their minds and bodies. There is a growing body of research validating the benefits of such mind-body work. Adults can access many free and low-cost apps and downloads to help themselves learn breathing techniques, visualization and guided imagery, progressive muscle relaxation, and other techniques to positively manage stress.

Eye Movement Desensitization and Reprocessing

Eye Movement Desensitization and Reprocessing, also known as EMDR, is a method of psychotherapy used to address the distressing symptoms associated with traumatic and adverse life experiences. Treatment works by accessing memory networks in the brain which store disruptive or traumatic experiences. Traumatic memories (i.e., inadequately processed memories and their associated images, thoughts, emotions, and physical sensations) are re-processed using a therapeutic technique called bilateral stimulation. Through the unique processing of EMDR, troublesome memories are desensitized, insight emerges, and a shift in consciousness allows for new learning and experience. Traumatic event and memories are not erased; rather, they have been redefined and cease to hold power and control over the individual. Research supports the effectiveness of EMDR for children, teens, and adults who have experienced life events which cause traumatic stress, generalized anxiety, depression, phobias, grief/loss, and attachment trauma. EMDR is used across the globe and has gained significant validity over the last decade. Over 30 randomized controlled trials now support its effectiveness. I received my EMDR training from EMDRia.

Adult Children of Alcoholics and Dysfunctional Families

Many adults who seek counseling have experienced trauma or neglect (emotional &/or physical) in their family of origin. I use the 12 Steps of Adult Children of Alcoholics and Dysfunctional Families (ACA) as a guideline to help the client make sense of his early childhood experiences which still affect him today

even though he may no longer be living with his family of origin. At times, I will recommend the client attend weekly ACA meetings (at no cost) to support his recovery.