

TYPES OF THERAPY***Psychodynamic & Narrative Therapy***

Psychodynamic therapy, also known as psychoanalysis, is a type of counselling that focuses on the unconscious thoughts and feelings that influence an individual's behaviour and relationships. It is based on the belief that past experiences and unconscious conflicts can shape an individual's thoughts, feelings, and behaviours in the present.

In psychodynamic therapy, the therapist helps the individual explore their unconscious thoughts and feelings and how they may be related to their current concerns, such as anxiety or trauma. The therapist may also help the individual understand how these unconscious thoughts and feelings may be impacting their relationships and behaviours.

The psychodynamic approach can be helpful in counselling for trauma and anxiety because it helps individuals better understand the underlying causes of their distress and how it may be related to past experiences. It can also help individuals develop greater self-awareness and self-acceptance, and improve their relationships with Narrative therapy is a type of therapy that helps individuals understand and make sense of their experiences within the context of their life story. In the case of trauma, narrative therapy can help individuals develop a new understanding of their traumatic experiences and how they have impacted their lives. This can involve exploring the ways in which individuals have coped with and made meaning of their traumatic experiences, as well as identifying their strengths and resiliencies.

Narrative therapy can be particularly helpful in the treatment of trauma because it helps individuals move beyond a focus on the traumatic event itself and instead look at the ways in which they have coped with and made sense of the event. This can help individuals develop a more empowering and hopeful narrative about their experiences, which can in turn help to reduce the negative impact of the trauma on their lives.

Some specific techniques that may be used in narrative therapy for trauma include:

Externalising the problem: This involves helping individuals understand their traumatic experiences as separate from themselves, rather than seeing themselves as "the problem."

Identifying exceptions: This involves helping individuals identify times when they have coped well with their trauma, which can help to challenge negative beliefs and build resilience.

Developing a new narrative: This involves working with individuals to develop a new, more empowering narrative about their traumatic experiences, which can help to reduce the negative impact of the trauma on their lives.

Overall, narrative therapy can be a helpful approach for individuals struggling with the effects of trauma by helping them develop a new understanding of their experiences and build resilience and coping skills.

***Cognitive behaviour therapy (CBT)**

is a type of therapy that focuses on the relationship between thoughts, emotions, and behaviours. It is a widely researched and evidence-based treatment approach that has been found to be effective for a range of mental health concerns, including trauma and anxiety.

In the context of trauma and anxiety, CBT can help individuals identify and modify negative thought patterns and behaviours that contribute to their distress. This can involve exploring the connections between thoughts, feelings, and behaviours, and learning new skills to manage negative emotions and improve coping strategies.

Research has consistently shown that CBT can be effective in reducing the severity of anxiety and trauma-related symptoms, including reducing the frequency and intensity of panic attacks, reducing avoidance behaviours, and improving overall functioning. In addition, CBT has been found to be effective in reducing the risk of relapse after treatment and has been shown to have long-term benefits for individuals with anxiety and trauma-related disorders.

Overall, CBT can be a highly effective treatment approach for individuals struggling with trauma and anxiety and is often recommended as a first-line treatment by mental health professionals.

Self-Talk

Self-talk is the internal dialogue that we have with ourselves on a daily basis. It can include our thoughts, beliefs, and attitudes about ourselves and the world around us. In counselling for trauma and anxiety, self-talk can be an important focus because the way we talk to ourselves can have a significant impact on our emotions and behaviours.

Negative self-talk, or the tendency to have negative thoughts and beliefs about oneself, can contribute to feelings of low self-esteem, self-doubt, and anxiety. In counselling, individuals may work with their therapist to identify patterns of negative self-talk and develop strategies to challenge and reframe these thoughts. This can involve questioning the evidence for negative thoughts and considering alternative, more balanced perspectives.

On the other hand, positive self-talk can help to increase feelings of self-worth and confidence, and can be an important tool in managing anxiety and other negative emotions. In counselling, individuals may work with their therapist to identify and practice using positive self-talk as a coping strategy.

Overall, self-talk can be an important focus in counselling for trauma and anxiety because it can help individuals develop more positive and balanced thoughts about themselves and the world around them, which can in turn help to reduce feelings of anxiety and improve overall well-being.

***Mindfulness**

Mindfulness is a practice that involves bringing one's attention to the present moment in a non-judgmental way. In counselling for trauma and anxiety, mindfulness can be a helpful approach because it can help individuals:

Regulate their emotions: Mindfulness can help individuals become more aware of their emotions and better able to manage them in a healthy way.

Reduce anxiety: By focusing on the present moment, mindfulness can help individuals let go of worry and rumination about the past or future, which can help to reduce anxiety.

Increase self-awareness: Mindfulness can help individuals become more aware of their thoughts, feelings, and behaviours, which can be helpful in understanding and addressing the root causes of their anxiety or trauma.

Improve overall well-being: Research has shown that mindfulness practices can help to reduce stress and improve overall well-being.

There are many different mindfulness practices that can be helpful in counselling for trauma and anxiety, such as meditation, deep breathing, and body awareness exercises. It may be helpful to work with a therapist trained in mindfulness-based therapies to learn specific techniques and incorporate them into your treatment plan.

Solution Focussed Therapy

Solution-focused therapy, also known as solution-focused brief therapy, is a type of counselling that focuses on the present and future rather than the past. It is based on the belief that individuals have the inherent capacity to solve their own problems and that the therapist's role is to help them identify and utilise their strengths and resources.

In solution-focused therapy, the therapist helps the individual identify and clarify their goals for therapy and works with them to develop a plan to achieve those goals. The therapist may also help the individual identify small, achievable steps that can be taken to make progress towards their goals.

Solution-focused therapy can be helpful in counselling for a variety of concerns, including anxiety, depression, and trauma, by helping individuals develop a greater sense of control and agency in their lives and improve their overall well-being. It can also help individuals develop greater self-awareness and self-acceptance, and improve their relationships with others.

Play Therapy (6-12yr olds)

Play therapy is a form of psychotherapy that uses play and other creative activities as a way to help children express their thoughts and feelings, resolve emotional conflicts, and improve social skills. It is a non-threatening and non-invasive way for children to communicate and can be especially helpful for children who have difficulty expressing themselves through verbal language.

Through Telehealth at our clinic, we're able to still use play therapy with great affect, as we send children a specific "play pack" with certain activities, objects and toys to use during their sessions. This way we can interact with directive, and non-directive play therapy on both ends to facilitate very effective and engaging sessions. This is also very good for the Therapist and Child to create a report trust and is one of the advantages to Telehealth Sessions.

During play therapy, children are given the opportunity to play with a variety of toys, such as dolls, puppets, and art materials, in a safe and supportive environment. The therapist observes the child's play and may ask questions or make comments to help the child explore and express their thoughts and feelings. The therapist may also use different techniques, such as storytelling, to help the child process their experiences and emotions.

Play therapy can be helpful for children who are struggling with a variety of issues, such as trauma, grief, anxiety, depression, and behavioural problems. It can also be beneficial for children who have developmental delays or who have experienced significant life changes, such as a divorce or the loss of a loved one. Through play therapy, children can learn to cope with their emotions, improve their communication skills, and develop more adaptive behaviours