

Recovery and Balance

What to Expect

I use psychotherapy to teach you how your nervous system regulates and finds balance. Many people who have had a life changing event have trouble with this. This difficulty causes the body to feel more stressed even as the person tries to adjust from their condition.

I will teach you how to enable your body to experience balance and relaxation. Doing so will allow you to reduce your symptoms, increase and stabilize your mood, and get you started to find meaning despite your life changing event. I will also teach you to enhance your own mind-body connection to further reduce stress.

Below are the topics and skills I have discussed with other people in the past. We do not cover all the topics listed because I will tailor each session to what I think you need.

- Mindful Breathing
- Mindful Movement
- Mindfulness Meditation
- Cognitive Defusion
- Cognitive Restructuring
- Breathing Physiology
- Self-Compassion
- Pain Physiology
- Stress Frameworks
- Psychological Flexibility
- Imagery
- Autogenic Training
- Progressive Muscle Relaxation
- Heart Rate Variability Biofeedback



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