



Trauma and Depression

Feelings of Depression?

Trauma in childhood has a ripple effect on the rest of your life. If you never recognize the experiences and process them in a safe and productive way, you may have mental health issues well into adulthood. Early trauma is often at the root of mental illness.

If you are struggling with depression now, as an adult, it is definitely possible that experiences in your childhood are contributing to it, if not causing it, but here is hope for your future, though.

Trauma refers to the emotional experience rather than the actual event, because people respond to difficult events in different ways. A terrible experience, like a bad car accident, may cause an extended traumatic response in one person, while another person involved recovers quickly. For children, trauma often builds over time as the result of repeated experiences. Some examples of traumatic events that children may be exposed to include; domestic violence, physical or sexual abuse, neglect, etc.

Prolonged feelings of depression can become a serious life threatening condition. If you are experiencing suicidal thoughts you should seek help immediately.



Relaxation Therapy

Benefits of Relaxation Therapy

- Deep relaxation and calm
 - Stress Reduction
- Decreased worry, anxiety
- Deeper and more restful sleep
- Increased self-connection and self-acceptance
- Self-regulated physical and emotional states
 - Pain management
- Increased stress tolerance
- Increased mental clarity

Group Meditation

If you are experiencing emotional, physical, relationship or career-related stress or distress, our meditation therapy program is for you. This form of meditation blends research-based elements of spirituality and psychology into a practice that aligns your emotions, thoughts, beliefs, actions and experiences with your ideal-self. This unique experience will enhance your ability to release the physical and emotional pain with which you struggle. Therapeutic meditation will induce the brain into Alpha and Theta brainwave states. In these states the brain rhythms change to frequencies that activates the human immune system, which promotes natural healing and pain relief.

יהוה אלהינו יהוה אחד

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FAMILY THERAPY

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Couple Counseling

When is Couple Counseling Appropriate?

Intimate relationships are hard work. If there is a problem, it's best to have it repaired right away to avoid further complications down the road.

Often we can do some of the basic maintenance and repairs ourselves. Other times, despite our best efforts, we need professional help.

It is interesting how easily and quickly we take such steps to repair or prevent damage to our vehicles. But when it comes to our relationships, we often avoid taking action until the situation has become difficult to resolve.

Unfortunately, many couples wait until maladaptive relational patterns have become entrenched, the emotional bond is severely weakened and there is a high level of resentment due to unresolved conflicts. The list can go on.

Many marriages fail around the third to fourth year of the relationship. Couple Counselling is significantly cheaper than divorce. **And it works!**



Child & Adult ADHD

What is ADHD

Attention deficit hyperactivity disorder (ADHD) is a common problem among children. Some outgrow it. In others, it continues through adolescence and into adulthood.

Children and adults with ADHD have trouble staying focused or paying attention. Many find it difficult to control their behavior. Many are also hyperactive, meaning they fidget a lot or can't sit still. Some individuals with ADHD are disruptive or impulsive, have trouble in relationships, and are accident prone. Hyperactivity and impulsiveness often improve with age, while attention problems tend to last into adulthood.

Adults with ADHD tend to have problems with memory and concentration. They may have trouble staying organized and meeting commitments at work or at home. The consequences of poor functioning may be anxiety, low self-esteem, or mood problems. Some turn to alcohol or drugs to manage these feelings.

Therapy is often very helpful and can change the course of the a person's life.



Stress and Anxiety

What is the Difference?

There's a fine line between stress and anxiety. Both are emotional responses, but stress is typically caused by an external trigger. The trigger can be short-term, such as a work deadline or a fight with a loved one or long-term, such as poverty, or chronic illness. People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles and difficulty sleeping.

Anxiety, on the other hand, is defined by persistent, excessive worries that don't go away even in the absence of a stressor. Anxiety leads to a nearly identical set of symptoms as stress: insomnia, difficulty concentrating, fatigue, muscle tension and irritability.

Both mild to moderate stress or anxiety respond well therapy. However, exposure to prolonged stress and anxiety can contribute to chronic life-threatening diseases.

There are a number of natural approaches that are helpful in reducing symptoms and enhancing coping with stress and anxiety.