

Therapy Methods

AS A THERAPIST, I UNDERSTAND THE IMPORTANCE OF A PERSONALIZED APPROACH THAT CATERS TO YOUR UNIQUE NEEDS. THAT'S WHY I OFTEN DRAW FROM A DIVERSE RANGE OF THERAPEUTIC METHODS, BY SOMETIMES COMBINING THE BEST OF EGO STATES THERAPY, EMOTIONALLY FOCUSED THERAPY (EFT), DIALECTICAL BEHAVIOR THERAPY (DBT), AND/OR NARRATIVE THERAPY (AND/OR EMDR & BRAINSPOTTING). BY INCORPORATING THESE DIVERSE TECHNIQUES, MY AIM IS TO CREATE A HOLISTIC TREATMENT PLAN THAT ADDRESSES YOUR EMOTIONAL, COGNITIVE, AND INTERPERSONAL WELL-BEING. TOGETHER, WE CAN WORK TO INTEGRATE THESE METHODS INTO A FRAMEWORK THAT PROMOTES HEALING AND FOSTERS PERSONAL GROWTH.



EGO STATES THERAPY

- **Focus:** Addresses different parts of an individual's personality or identity, called "ego states," which may have different roles, emotions, and behaviors.
- **Goal:** Aims to integrate these ego states, creating a cohesive and functional sense of self.
- **Method:** Involves identifying and understanding these ego states through psychoeducation, dialogue, and exploration of past experiences.



EMOTIONALLY FOCUSED THERAPY (EFT)

- **Focus:** Centers on identifying and reshaping emotional responses in relationships, emphasizing the attachment bond between partners or an individual.
- **Goal:** Seeks to create secure emotional bonds and increase emotional responsiveness and engagement within the relationship or personal self.
- **Method:** Encourages the expression and validation of emotions, promoting understanding and empathy between partners or younger parts of self, to foster a secure emotional connection.



DIALECTICAL BEHAVIOR THERAPY

- **Focus:** A cognitive-behavioral approach that emphasizes the integration of acceptance and change strategies to manage intense emotions and improve interpersonal relationships.
- **Goal:** Aims to enhance mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.
- **Method:** Combines individual therapy, group skills training, and coaching to help individuals develop skills to manage emotions and maintain healthy relationships.



NARRATIVE THERAPY

- **Focus:** Centers on understanding the narratives or stories that individuals construct about themselves and their lives.
- **Goal:** Seeks to empower individuals to rewrite and reconstruct their narratives, emphasizing their strengths and positive experiences.
- **Method:** Involves externalizing problems, deconstructing dominant narratives, and exploring alternative, preferred narratives to promote personal empowerment and growth.