



Welcome

The fact that you're seeing this means you're probably sitting in my office for your first therapy session. You might be feeling relieved, excited, anxious, overwhelmed, curious... these are all normal.

Congratulations on taking this step. You may have noticed things in your life have already started to shift or change some. Hopefully you're looking forward to moving in the direction of the life you are seeking.

The process of therapy is different for everyone and will be based on your individual goals and preferences. Some people are seeking a more directive approach with clear and specific goals, homework, assessments and ample input from me. Others are in search of a more open process with sessions based on whatever they feel is important to discuss and explore that day. I feel that a combination of both is the best way for us to build our therapeutic relationship and generate change in your life.

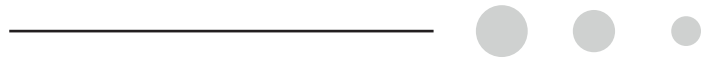
These handouts are intended to help guide this process and give you an idea about what to expect. They will also provide structure for treatment and help you gain insight along the way.

I'm thankful for the opportunity to work together~

Amanda

Introduction to Mindfulness

Intuition Wellness, LLC



Mindfulness

paying attention to the present moment, on purpose, and fully accepting what you find here:

- paying attention with intention
- cultivate an inner sense of well-being regardless of what is happening around you (house fire, illness)

Neuroplasticity & The Roadmap of the Mind

- Super highways vs. dirt roads
- What we practice gets stronger (anxiety/catastrophizing)
- Mindfulness is like a workout for the mind
- Lacking mindfulness is like riding in the backseat



“Mindfulness is a Superpower” Happify on YouTube

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Lottery Winners and Accident Victims: Is Happiness Relative?

- Happiness setpoint
- Seeking fulfillment in sources outside of ourselves

How does mindfulness relate to our core issues?

- Once a seed is planted, we continue to feed that pathway throughout our lives
- Confirmation bias
- Creating a lens through which we see ourselves, the world



The Story of the Light Wolf & Dark Wolf

Developing a Daily Practice



The skill of Noting

- Increasing awareness
- Detaching
- Anchoring the mind in the present moment (feed the pathway)

Practice 1: Breathing & Noting

Practice 2: Notice 5 (incorporate the senses)

Practice 3: Daily intentions and the STOP Method

Practice 4: Mindfulness in everyday life

Breathing Practices

- 3-part breath
- Square breathing
- Ocean breath
- Fallout X3
- Progressive relaxation

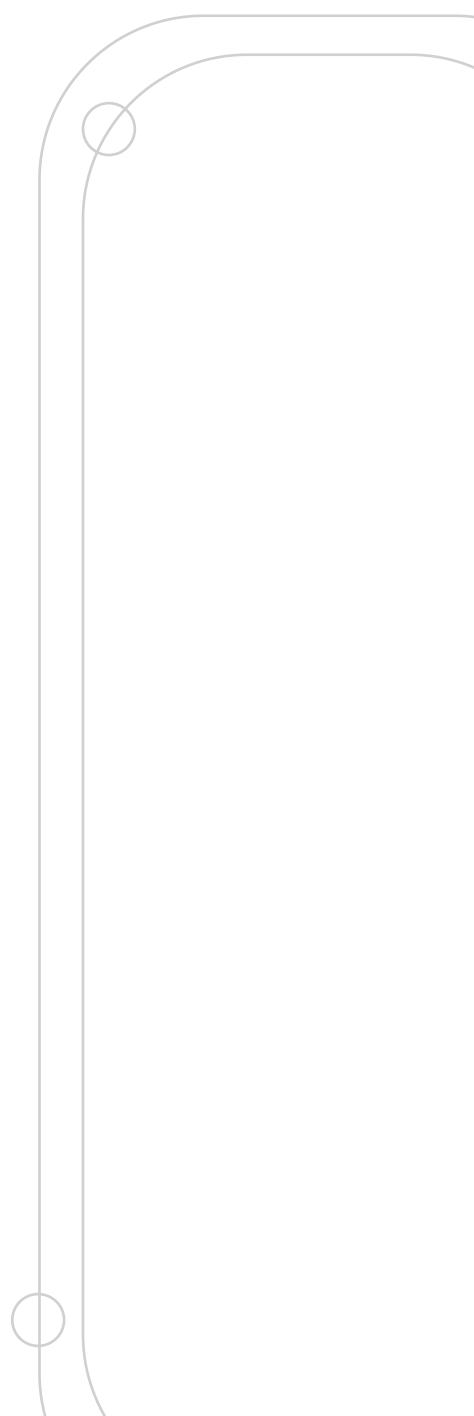
Resources:

Living Mindfully: Start with 5 Minutes a Day
amandaswartzlenderlmhc.com Blog Mindfulness Meditation
and the Brain YouTube:<https://www.youtube.com/watch?v=5AqgMo1P05E>

All it Takes is 10 Mindful Minutes YouTube:
<https://www.youtube.com/watch?v=qzR62JJCMBQ>

Podcasts: SuperSoul and Mindset Mentor

Book: The Power of Now Eckhart Tolle



Domains



- Domains can be looked at like the type of family you were raised in
 - Domains identify the unmet needs of a child and the schemas that fall under the domain are the view of the world the child developed based on not having these needs met
- I. Disconnection & Rejection: Child's environment was cold, rejecting, lonely, explosive, unpredictable or abusive. Addiction is common in these families.
 - II. Impaired Autonomy & Performance: Child's environment was enmeshed, overprotective, parents did not reinforce child's abilities outside of the home
 - III. Impaired Limits: Child's environment was permissive, overindulgent, lacking direction or consequences for actions. Child learned that family was superior to others or "special"
 - IV. Other Directedness: Child felt conditional acceptance, loved based on achievements or things outside of the child. Child must fulfill parent's expectations to gain love
 - V. Overvigilance & Inhibition: Parents were demanding, punishing, perfectionistic. Family hid emotions and portrayed image of "everything is wonderful." Parents were pessimistic and mistakes were unacceptable.
- Identifying the type of environment you were raised in can help to pick out your schemas
 - It is possible to feel that your environment had characteristics of more than one domain
 - You can also identify your schemas first and then come back and see if you recognize your family traits in the domain the schemas fall under



Descriptions of Schemas



- Abandonment/instability: people will not support you or will eventually leave you and you will be alone; can only rely on self
- Mistrust/abuse: believe others will hurt, abuse, humiliate, lie, cheat or take advantage of you
- Emotional deprivation: others will not provide nurturance, empathy or protection; it's better not to share your emotions
- Defectiveness/shame: feel bad, unwanted, inferior, unlovable, sensitive to criticism; something is inherently wrong with you
- Social isolation/alienation: feel isolated, different, don't fit in, lack connection, not part of a group
- Dependence/incompetence: helpless, can't handle everyday life; must rely on someone else financially or emotionally
- Vulnerability to harm/illness: catastrophize, anticipate worst, fear illness/death/environmental; constant state of low level anxiety
- Enmeshment/undeveloped self: excessive emotional involvement/ closeness with other; fear of being alone; lacking strong sense of self
- Failure: believe you will fail in achievement (school, work, sports, etc.); no risks
- Entitlement/grandiosity: feel superior, entitled, have special rights, don't have to follow rules, do whatever/whenever
- Insufficient self-control/discipline: low self-control, low frustration tolerance, high emotional impulses; entitled to act out; say what you feel
- Subjugation: give control to others, stuff your own needs and emotions
- Self-sacrifice: meet other's needs at expense of your own
- Approval/recognition seeking: need approval from others versus your own self worth, sense of self, self-esteem based on the reactions of others
- Negativity/pessimism: focus on negatives- pain, loss, failure, death, guilt, flaws
- Emotional inhibition: fear of expressing emotions due to disapproval
- Unrelenting standards/hypercriticalness: strive to meet high standards, fear criticism
- Punitiveness: people should be harshly punished for making mistakes