

Psyc^ophi

MENTAL HEALTH
SOLUTIONS

A GUIDEBOOK FOR INDIVIDUALS
STRUGGLING WITH
MENTAL HEALTH



A SAFE SPACE PRODUCTION

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I'm Bryson Ensign Welcome

I am a Life & Mind Coach. I help people who are struggling with mental health find the help and guidance that they so desperately need and want. Navigating life with mental health concerns is a challenging process. I will walk with you, so you do not have to walk alone. I will stand with you, so you have support. I will be there for you. This is a safe space designed so you can come where you are at, and leave in a better way.

How I can Help *You?*

This e-book is a mental health guide designed to help individuals who feel overwhelmed and do not know where to begin or where to go on their mental health journey.

Bryson Ensign



Introduction:

3 Ways to Treat Mental Health: Modification, Mentation and Medication



"Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone."

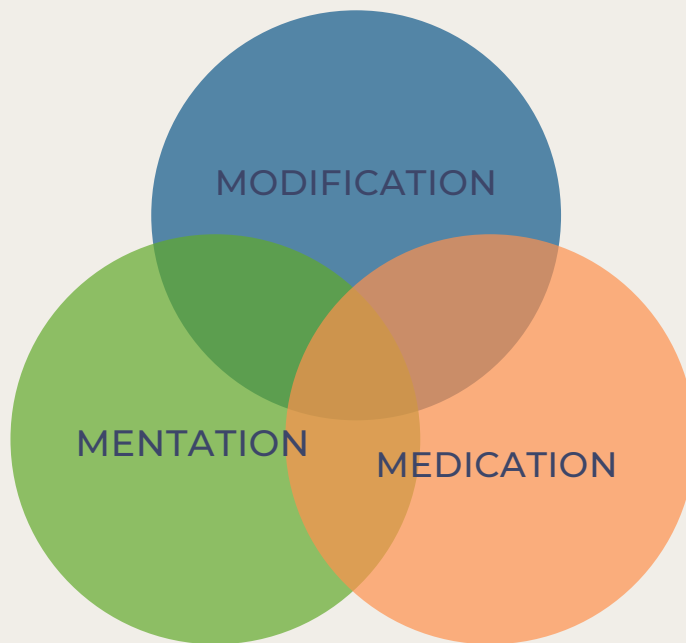
Lisa Olivera

Using the 3 Ms to Treat Mental Health:

Modification, mentation, and medication are the three ways to treat mental health. Depending on your needs, you may choose one or all of these treatment avenues. The purpose of this guide is to give you the information you need about each type so you can decide what will work best for you.

- Are you tired of struggling with your mental health?
- Are you frustrated with your symptoms?
- Do you lack direction about what you should do first?

If you answered yes to any of these, you are not alone. You are one among many navigating life through the complexities of mental health. Thankfully, you do not have to traverse this daunting path alone.



May I be the first to welcome you to the Psycophi Family—a community where every mind matters. Here at Psycophi | Mental Health Solutions, we take a holistic and scientific approach to mental health care and treatment. The research shows that it is more effective to do so.

Our approach to mental wellbeing walks three primary paths. We affectionately call them the 3 Ms of Mental Health Optimization—**MODIFICATION, MENTATION and MEDICATION**. Our primary goal is to help you close the gap between where you currently are in terms of your mental health and where you want to go.

From the get go, it's important to know there is no "one size fits all" treatment plan for mental health. Finding what is right for YOU will require patience and effort. It will require some trial and error.

Many people will come to thrive mentally with simple, intentional lifestyle changes and modifications. Others will find healing through the primary pillars of mentation: coaching and therapy. Most often, some combination of modification, mentation and medication will be needed to best.

Helping you discover what is right for you is what Psycophi Health is all about. Whether you have been struggling with mental health for days or years, we believe that having a solid understanding of the 3 Ms of Mental Health Optimization will truly help you discover what you need to thrive in the mind department.

It is time to stop suffering in silence. Invest the time now to improve your mental health. Your family members will notice. Your co-workers will notice. But more importantly, you will notice. You will be happier and in a better place because of it.

Chapter 2:

Treating Mental Health with Modification



"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness."

Brené Brown

The term modification refers to modifying unhealthy lifestyle habits and behaviors by replacing them with healthy ones. The new habits we create, also called therapeutic lifestyle changes (TLCs, for short), can drastically improve mental and physical health.

It is well documented and intuitively clear that the way we live influences our physical and mental health. For example, we know that a lifetime of hamburgers does not a healthy heart make. Maybe less commonly known, but equally important, is that poor nutrition and diet negatively impacts mental health as well.

We know that a lifetime of limited movement and exercise leads to increased risk of obesity, diabetes, and a host of other physical ailments. It might be less known, but equally important, that limited movement and exercise negatively impacts mental health as well.

Unhealthy lifestyle factors contribute in significant ways to poor mental health. Healthy lifestyle factors contribute in significant ways to better mental health. TLCs have considerable evidence of their effectiveness and can be as effective or more effective than meditation or medication when treating mental health.

According to Dr. Roger Walsh, MD, PhD, modification through therapeutic lifestyle changes has been historically “insufficiently appreciated, taught or utilized.” There are many reasons for this. Economic and institutional pressures want mental health professionals in all forms to make more money in less time. As a real and unfortunate result, people suffer. They do not get the proper care they need.

To make matters worse, as TLCs are addressed less and less, unhealthy behaviors increase more and more. It is a vicious cycle: poor lifestyle enhances poor mental health—poor mental health augments poor lifestyle. Typical of modern life, most people want “an easy fix,” rather than needing to do the hard work to address lifestyle. But for those who are serious about improving their mental health, lifestyle modification must be addressed.

One of our main focuses at Psycophi Health is to help teach therapeutic lifestyle changes in simple, easily applicable ways. Why do we focus on TLCs so much? For starters, they have amazing results for mental health, and they have very few negatives. Unlike most medications, there are no pharmacological side effects, and they are free of stigma. On top of improving mental health, TLCs also boost social esteem, physical health, and quality of life.

TLCs are no secret. A quick google search will tell you a myriad of lifestyle changes you could implement in attempts to improve your life. But the most challenging thing about TLCs is applying them in ways that are right for YOU.

Tailoring lifestyle changes to who you are and what you need is the name of the game. Consistently applying these lifestyle changes is the key to mastering your mental health and closing the gap between who you currently are and becoming who you want to be!

A Few Key Therapeutic Lifestyle Changes:

- Sleep
- Movement and exercise
- Nutrition and diet
- Connection with self and others
- Self-care and management
- Time in nature
- Recreation and activities
- Relaxation and stress management
- Religious or spiritual involvement
- Service to others



Each of these topics on their own can be daunting. It can be challenging to know how to eat healthy and then actually do it! It can be difficult to connect with yourself and disconnect with technology from time to time. Most people struggle implementing TLCs in ways that optimize mental health.

For people who are serious about improving their mental health in a holistic manner, we at Psychphi Health have designed a 9-week course called [Mental Health & YOU: Lifestyle Changes to Optimize Your Life.](#)

This course covers in great detail the high yield TLCs that will make a huge impact in your mental health and life! We focus on easily understood principles that are well documented and backed by science. We teach powerful tools you can apply in systematic and manageable ways.

If you would like to learn more about this unique and extremely valuable course dedicated to helping YOU improve your mental health, visit psychphi.com today!

Chapter 3:

Treating Mental Health with Mentation



“You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.” —Lori Deschene

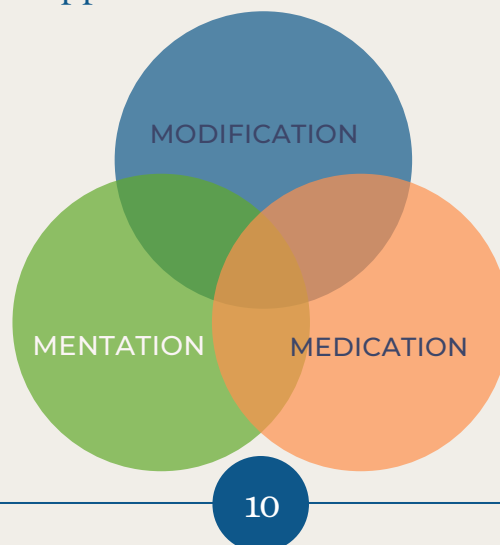
Mental health challenges have a way of interfering with mentation, or the processing, functioning, decision making, and activity of the mind. Because of this, life coaching and/or therapy is often needed to address a person's mentation and teach them strategies to get around their obstacles.

Anxiety impacts mentation by altering thought processes, causing excessive worry. Depression dampens emotion and feelings, causing feelings of worthlessness. OCD instills intense doubts. ADHD makes it hard to focus. The list could go on and on. There are many ways to address mentation, but we'll highlight just two of them.

Life Coaching

A life coach is a professionally trained individual who is focused on helping you optimize your full potential to reach your desired results. Life coaches help you close the gap between who you currently are and who you want to be.

Life Coaches do this by analyzing your current situation, identifying obstacles you face, and devising a custom plan of action to help you achieve the outcomes you want. Once they have helped you make goals, they teach you tools to achieve your goals, hold you accountable to your goals, and stand with you like a supportive friend and trusted advisor.



There are many avenues of coaching life coaches can specialize in. Examples include relationship coaches, business coaches, eating coaches, etc. But the coaching we will talk about today is mental health coaching.

As the name suggests, a mental health coach is a life coach focused on helping people with their mental health. Unlike psychiatrists, they do not prescribe medication. Unlike psychologists, they do not do standardized therapy. Mental health coaches help their clients develop greater awareness of themselves and learn effective tools to better manage the challenges in their lives. They help clients in their thinking patterns and behaviors, teaching tools designed and proven to improve mental health.

Life coaches are a powerful addition to the mental health team. They are typically a less expensive resource, and they approach mental health care in ways that augment and add to treatment from psychiatrists and psychologists.

Psycophi Health is pleased to announce that as of January 2023, we have a certified Life Coach that is ready to help YOU on your mental health journey!

If you are interested in receiving individualized and personalized coaching to optimize your mental health in powerful ways, visit psycophi.com today!

Therapy

Another form of mentation that is proven to be beneficial in the treatment and prevention of mental health concerns is that of psychotherapy. This is also referred to as “talk therapy” or simply “therapy.”

Psychotherapy is offered by a variety of trained professionals and has various forms and structures. Because this is such a big topic, we will break it down by answering three simple questions:

- 1) Which professionals offer therapy?
- 2) What are some of the types of therapy?
- 3) How do I pick the right therapist and the type of therapy for my needs?

Which professionals offer therapy?

Psychiatrists, psychologists, counselors and social workers are all trained professionals in the mental health field that practice various forms of therapy. While each focuses on mental health, the level of training and scope of practice varies between them.

Knowing the difference between them can be valuable to you, as you are seeking out professional help. Here is a brief overview of each one.

Psychiatrists

Psychiatry is the field of medicine focused on the diagnosis and treatment of mental health conditions. Psychiatrists are medical doctors (DOs or MDs) who can diagnose mental health conditions, prescribe medications, and have received foundational training in psychotherapy.

Many (but not all) psychiatrists offer therapy services.

Psychologists

Psychology is the scientific study of the mind and behavior. Psychologists are mental health professionals who have advanced degrees (Ph.D or Psy.D) in this field, and they may specialize in clinical or counseling work. They can diagnose mental health conditions and treat them through therapy.

Clinical psychologists focus more on the study of mental health conditions and oftentimes engage in research. Counseling psychologists focus on helping people address the emotional, social, and physical stressors in their lives. Unlike psychiatrists, most psychologists cannot treat with medications.

Marriage and Family Therapists (MFTs)

Marriage and Family Therapists typically have a Master's degree in counseling. MFTs are trained to help families, couples and individuals identify and treat personal and interpersonal problems including depression, parent-child conflicts, drug and alcohol abuse, anxiety and more.

Licensed Clinical Social Workers (LCSWs)

Licensed Clinical Social Workers have a Master's degree in social work and are licensed to provide diagnoses and counseling services to individuals with mental, behavioral, and emotional issues. LCSWs are focused on individuals and community work.

They are trained to evaluate an individual's mental health and can use various therapeutic tools and resources. They are trained in case management and advocacy services.

What are some of the types of therapy?

There are different approaches in form and theory to therapy. The various forms include individual, group, couples, and family therapy. The 6 theories, or approaches, include psychodynamic, behavioral, CBT, dialectic behavioral, humanistic, and holistic.

The meanings of the forms of therapy are pretty intuitive. Individual therapy is therapy that is one on one with a trained professional. Group therapy is when there are two or more people participating in therapy with a trained professional. Marital and couples therapy helps spouses and partners together. Family therapy is with some or all of your family members.

Each theory of therapy can be beneficial, but no single type is right for everyone. Some therapy approaches are better for certain disorders than others as well. Let's give an overview of each of the 6.

Psychodynamic therapy

Psychodynamic therapy focuses on changing problematic behaviors, feelings and thoughts by discovering your unconscious motivations. Your goal is to understand and acknowledge your negative feelings and repressed emotions so you can resolve internal conflicts, self esteem, and relationship issues. This is a popular approach to treating those who have depression, anxiety, low self-confidence, and poor self esteem.

Behavioral Therapy

Behavioral Therapy focuses on the present. There is less focus on why a behavior started and more emphasis on the barriers to changing it and why that behavior is being rewarded. There is a focus on learning roles, and how these roles develop both in normal and abnormal behaviors. Behavioral therapy is a good approach for individuals dealing with OCD, substance use disorders and phobias.

Cognitive Behavioral Therapy (CBT)

CBT focuses on the theory that our thoughts, feelings, and behaviors are connected and influence one another. Cognitive therapists believe it is dysfunctional thinking that leads to dysfunctional emotions or behaviors. So by changing your thoughts, you can change how you feel and what you do.

Typically cognitive therapy is a short-term, goal oriented therapy that links thoughts to behaviors. Psychotherapists often use this approach with people suffering from mood disorders, anxiety, OCD, and eating disorders.

Dialectical Behavioral Therapy (DBT)

Dialectical Behavioral Therapy focuses on developing the skills to cope with challenging situations. The goal of DBT is to learn how to deal with and accept difficult emotions.

DBT is useful for people who have suicidal thoughts, as well as for borderline personality disordered individuals.

Humanistic Therapy

Humanistic Therapy focuses less on treating symptoms and problems, and more on self-discovery and self-acceptance. This can be helpful for individuals who are doing good in life but want help becoming more.

This therapy is less structured but very beneficial for individuals dealing with self-esteem issues, depression, anxiety, or relationship issues.

Integrative or holistic therapy

Integrative or holistic therapy focuses not on any one given type, but blended elements from all types of therapy. Each individual receives tailored treatment based on your current needs.

How do I pick the right therapist and type of therapy for my needs?

There are many approaches to seeking therapy treatment. A good first step is to choose the type of therapy you want to try. And based on that, research the local therapists in your region that can provide that specific type of therapy.

Another approach is to ask your insurance which therapists in the area are covered by your insurance, and then look into each one specifically.

A third option is to see your physician and have them refer you to someone they have heard is good. Or you can use the word of mouth through your friends or colleagues to learn about therapists they really like.

Looking at the severity of your mental health is also important. Consult with your doctor if they advise medications for your situation. If so, a psychiatrist who does therapy and prescribes medication might be the best option.

Finding a therapist that “is a right fit” can take some time. Gender, age, personality, training, and experience all play a role in finding someone right for you. It is totally appropriate to visit several therapists before you home in on a therapist/therapy style that is what you choose to stick with.

Chapter 4: Treating Mental Health with Medication



*"Your mental health is everything –
prioritize it. Make the time like your life
depends on it, because it does."*

Mel Robbins

Treating Mental Health with Medication

In addition to modifications and mentation, medications play an important role in mental health management. This is perhaps the most widely known and used method of treatment, and for many individuals it is very effective. There are several primary medication groups used to treat various mental health needs. Below is an overview of each group and the types of conditions they are most often used to treat.

Antidepressants are primarily used to treat depression, anxiety and some types of personality disorders. They can also be used in some cases to treat pain or insomnia.

Antipsychotics are medications used to treat psychosis, a condition that involves some loss of contact with reality. Schizophrenia, bipolar disorder, and severe depression are some disorders that are often treated with this medication group.

Mood Stabilizers, as the name implies, helps stabilize mood and is most often used to treat people with bipolar disorder and depression.

Anxiolytics and Depressants

Anxiolytics and depressants help people become or stay calm. They are most often used to treat anxiety disorders such as generalized anxiety and panic attacks.

Stimulants

Stimulants increase alertness, attention, and energy. They are most often used to treat attention deficit hyperactivity disorder (ADHD) and narcolepsy.

Things to Consider When Choosing Medications

If you decide medication is one of the paths you want to take to treat your mental health, there are a couple points you may want to consider before you start. Here are a few of those things you'll want to keep in mind.

Medications can be Prescribed by Various Health Professionals

Physicians (Medical Doctors and Doctors of Osteopathic Medicine), Physician Assistants (PAs) and Nurse Practitioners (NPs) are all certified to prescribe mental health medications. All of these health care providers receive basic training in mental health medications and treatment.

The medication "experts" in the mental health field are called Psychiatrists. Psychiatrists are physicians who specifically specialize in the diagnosis and treatment of mental health by completing an additional 4-6 years of residency and fellowship, above and beyond the 4 years of medical school.

Mental Health Medications Require Patience

Most medications do not change things immediately. Antidepressants and mood stabilizers can take weeks or months to reach the full effect. Some exceptions to this pattern are stimulants and anxiolytics, for they can start working in a matter of minutes or hours.

It is important to talk to your doctor or pharmacist about the timing of the medication and to be patient as your medication starts to take effect.

Medications Have Side Effects that Vary Across Time and People

For some, the side effects only last a few days. Sometimes the side effects will last as long as you take the medications. Some side effects you will barely notice. Others can be severe enough to significantly impact your quality of living. For some, the benefits of the medication outweigh the side effects. For others, the side effects outweigh the benefits. Experiencing this, being patient, and trying a variety of medications is often what you must do before settling on a balance that brings you the fulfillment you seek.

Some common side effects of mental health medications include the following:

- headaches and dizziness
- weight gain
- dry mouth
- muscle spasms and cramps
- nausea
- loss of sex drive
- constipation
- sleepiness or problems sleeping

You will want to discuss with your healthcare provider exactly which side effects are common with the medication you are prescribed.

Needing Medication Does Not Make You Weak

Let me say it loud and clear. Needing medication to treat your mental health does not make you weak. In fact, talking to your doctor about receiving mental health help is an incredibly strong thing for you to do.

Medication Does Not Work the Same for Everyone

You might have a friend who gets good results on a certain medication. Just because it works for her, doesn't mean it will work the same way for you. Medications work differently for every individual based on their unique body genetics, hormones, health history, lifestyle, and more.

Medication Can Save Your Life

Medications can make a huge difference and literally save people's lives every day. There is nothing wrong with taking medications to help improve the quality of your life and improve your symptoms. It may just be the thing you need to start feeling like you again.

Chapter 5: Conclusion & References



"If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don't exist, then maybe we'll leave the world a better place than we found it." —Russell Wilson

I will end how we began, by asking the following questions:

Are you tired of struggling with your mental health?

Are you frustrated with your symptoms?

Do you lack direction about what you should do first?

If you answered yes to any of these, Pscophi can help YOU! While we do indeed encourage therapy and medication, our unique and primary focus is therapeutic lifestyle changes and coaching. Sign up today for our 9-week, self-directed course *Mental Health & YOU: Lifestyle Changes to Optimize Your Life*.

These scientifically backed lessons will fill your mental toolbox with easily implementable strategies to create intentional living, to improve your foundations of eating, moving, sleeping, and connecting, and to craft masterpiece days that bring rich fulfillment into all areas of your life.

If you would like individualized assistance, direction, education and support, sign up today for *Mental Health Coaching*. Spots are limited, so sign up fast!

Once again, welcome to the Pscophi Family—a community where every mind matters.



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