

Resilience Counseling & Wellness



Coaching

Life coaching is an increasingly popular profession that has no specific licensing or academic requirements. Though psychologists also often consider themselves life coaches, these therapists don't focus on treating mental illness. Instead, they help individuals realize their goals in work and in life. An executive coach, for example, may be enlisted to help a chief executive become a better manager, while a "love" coach may map out a plan to help a client find romantic fulfillment.

Cognitive Behavioral (CBT)

Cognitive-behavioral therapy stresses the role of thinking in how we feel and what we do. It is based on the belief that thoughts, rather than people or events, cause our negative feelings. The therapist assists the client in identifying, testing the reality of, and correcting dysfunctional beliefs underlying his or her thinking. The therapist then helps the client modify those thoughts and the behaviors that flow from them. CBT is a structured collaboration between therapist and client and often calls for homework assignments. CBT has been clinically proven to help clients in a relatively short amount of time with a wide range of disorders, including depression and anxiety.

Eclectic

Many practitioners take an eclectic approach to therapy, drawing upon various aspects of cognitive-behavioral and psychodynamic methods to create their own custom-made approach. Such therapists often work with their clients to create a treatment plan that encompasses different techniques to best address the client's particular problems and to appeal to their sensibility.

Existential

Existential psychotherapy is based on the philosophical belief that human beings are alone in the world, and that this aloneness can only be overcome by creating one's own meaning, and exercising one's freedom to choose. The existential therapist encourages clients to face life's anxieties head on and to start making their own decisions. The therapist will emphasize that, along with having the freedom to carve out meaning, comes the need to take full responsibility for the consequences of one's decisions. Therapy sessions focus on the client's present and future rather than their past.

Humanistic

The humanistic method takes a positive view of human nature and emphasizes the uniqueness of the individual. Therapists in this tradition, who are interested in exploring the nature of creativity, love, and self-actualization, help clients realize their potential through change and self-directed growth. Humanistic therapy is also an umbrella term for gestalt, client-centered therapy, and existential therapy.

Interpersonal

IPT is a short-term psychotherapy in which therapist and client identify the issues and problems of interpersonal relationships. They also explore the client's life history to help recognize problem areas and then work toward ways to rectify them.

There are specific Interpersonal therapies, such as Imago therapy, which focus on intimate relationships.

Interpersonal therapy is not to be confused with transpersonal psychology, which is the study of states in which people experience a deeper sense of who they are, or a sense of greater connectedness with others, nature or spirituality.

Mindfulness-Based (MBCT)

For clients with chronic pain, hypertension, heart disease, cancer, and other health issues such as anxiety and depression, mindfulness-based cognitive therapy, or MBCT, is a two-part therapy that aims to reduce stress, manage pain, and embrace the freedom to respond to situations by choice. MBCT blends two disciplines--cognitive therapy and mindfulness. Mindfulness helps by reflecting on moments and thoughts without passing judgment. MBCT clients pay close attention to their feelings to reach an objective mindset, thus viewing and combating life's unpleasant occurrences.

Motivational Interviewing

Motivational Interviewing (MI) is a method of therapy that works to engage the motivation of clients to change their behavior. Clients are encouraged to explore and confront their ambivalence. Therapists attempt to influence their clients to consider making changes, rather than non-directively explore themselves. Motivational Interviewing is frequently used in cases of problem drinking or mild addictions.

Narrative

Narrative Therapy uses the client's storytelling to indicate the way they construct meaning in their lives, rather than focusing on how they communicate their problem behaviors. Narrative Therapy embraces the idea that stories actually shape our behaviors and our lives and that we become the stories we tell about ourselves. There are helpful narratives we can choose to embrace as well as unhelpful ones. Although it may sound obvious, the power of storytelling is to elevate the client--who is the authority of their narrative--rather than the therapist, as expert.

Person-Centered

Person-centered therapy uses a non-authoritative approach that allows clients to take more of a lead in discussions so that, in the process, they will discover their own solutions. The therapist acts as a compassionate facilitator, listening without judgment and acknowledging the client's experience without moving the conversation in another direction. The therapist is there to encourage and support the client and to guide the therapeutic process without interrupting or interfering with the client's process of self-discovery.

Positive Psychology

Unlike traditional psychology that focuses more on the causes and symptoms of mental illnesses and emotional disturbances, positive psychology emphasizes traits, thinking patterns, behaviors, and experiences that are forward-thinking and can help improve the quality of a person's day-to-day life. These may include optimism, spirituality, hopefulness, happiness, creativity, perseverance, justice, and the practice of free will. It is an exploration of one's strengths, rather than one's weaknesses. The goal of positive psychology is not to replace those traditional forms of therapy that center on negative experiences, but instead to expand and give more balance to the therapeutic process.

Solution Focused Brief (SFBT)

Solution-focused therapy, sometimes called "brief therapy," focuses on what clients would like to achieve through therapy rather than on their troubles or mental health issues. The therapist will help the client envision a desirable future, and then map out the small and large changes necessary for the client to undergo to realize their vision. The therapist will seize on any successes the client experiences, to encourage them to build on their strengths rather than dwell on their problems or limitations.

Strength-Based

Strength-based therapy is a type of positive psychotherapy and counseling that focuses more on your internal strengths and resourcefulness, and less on weaknesses, failures, and shortcomings. This focus sets up a positive mindset that helps you build on your best qualities, find your strengths, improve resilience and change worldview to one that is more positive. A positive attitude, in turn, can help your expectations of yourself and others become more reasonable.

Transpersonal

Transpersonal therapy emphasizes the transcendent or spiritual aspects of a client's development. A transpersonal therapist may help the client cultivate a greater sense of connectedness with others, with nature, and with a higher spirit.