

GENERAL PRACTICES AND MODELS AT PPC

The field of psychology and counselling has some 300 different theories explaining human interaction and behavior. Many of these are similar, with slightly different applications and uses. Your therapist will endeavor to select the approach or combination of approaches best suited to your situation. A partial list of these approaches is listed for your understanding.

Cognitive Behavior Therapy (CBT)

Cognitive means our thinking – how we regard and view life. Research and common knowledge indicates that our attitude towards life – how we construe life – can have a large impact on how we feel and act, and even how our physiology responds. There are numerous styles of CBT based on specific founders like A. Ellis and A. Beck. Your CBT therapist can help you identify critical thinking strategies to use for your stressors.

Control Theory and Reality Therapy

Control Theory is a scientifically based approach to teach in a very practical way “how” and “why” people operate, and how we are internally motivated.

Control Theory is a tool for understanding that each of us has a very specific picture in our head of how we want our world to be. It is important to know and understand that none of us see the world exactly the same way.

Reality Therapy facilitates growth through self-evaluation.

Heimler Method

E. Heimler was a German Jew who survived the Nazi concentration camps. He made a vow to learn what he could from his painful and death-defying experience to pass on to others after the war. In this approach, the therapist works with a working scale that helps people gain insight into their satisfaction and frustrations using an approach centering on finding balance.

Systems Theory

While most therapies address the intra-personal dynamics, this approach examines the interpersonal dynamics within a family. A Systems approach considers the whole family as a collection of interactions, one impacting on another. For an individual to change, the ‘system’ must change.

Executive Coaching

“Fear and Coercion” are the command and control tactics of boss-managers of the past. Executive Coaching is an effective method of providing skills to managers who are dealing with a multitude of problems and personalities in today’s work force. Coaching is an ongoing process designed to help employees gain awareness, competence and overcome barriers limiting performance.

GENERAL PRACTICES AND MODELS AT PPC, Continued...

Emotionally Focussed Therapy (EFT)

EFT is predicated on attachment theory, that all humans possess an innate yearning for trust and security. EFT suggests that when there isn’t fulfillment of legitimate dependency needs, partners see each other in a negative light and a negative fight circle results in an attempt to establish a secure attachment. EFT supports clients in understanding their personal self-defeating behavior and resistance and helps them establish more healthy life patterns.

Energy Psychology/Thought Field Therapy

This is an alternative to talk therapy based on an Applied Kinesiology model. In this approach, the body-mind connection is made by self-tapping different regions of ones physiology. There are a number of practitioners of this model (Gallo, Diamond, Callahan, Craig), all with different applications.

Gottman’s Marital Model

The Gottman approach is a research-based approach teaching couples what works and what does not. It is a practical method, precisely defining what the research demonstrates in “master” versus “disaster” relationships.

ABOUT PPC

PPC is a team of professional therapists (Psychologists, Social Workers and Certified Counsellors) with various specialized areas of expertise. We can match your individual needs with a therapist that seems best for you, or you can request to see a therapist of your choice.

A variety of approaches are used to encourage people to recognize their potential. Intensive individual counselling, personality assessment, family therapy, relationship building, coaching, consultations, seminars and intensive workshops are all offered to help you achieve your goals.

Visit our website at www.peopleproblems.ca for more information.

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Approaches & Interventions

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EMDR

What is EMDR? Eye Movement Desensitization and Reprocessing is a fortunate observation made by Dr. Francine Shapiro in 1987 that eye movements can reduce the intensity of disturbing thoughts under specific conditions. Since that time it has become a powerful healing method that has helped millions of people of all ages relieve many different kinds of stress.

EMDR helps reduce the impact of trauma experiences that intrude on the present day. EMDR can also help change self-defeating beliefs, such as “I am worthless/weak/unlovable”. And, EMDR can enhance performance issues at work, in sports, and in the creative and performing arts.

How does EMDR work? To date, no one knows exactly how EMDR works. However, when a person is upset the brain does not process information as it normally would. The images, sounds, smells, thoughts and feelings of an incident may not change over time. Such memories have a lasting, negative effect on the way a person functions. In some cases, the trauma manifests physically or behaviorally.

After EMDR, normal information processing is resumed and the negative symptoms either diminish or are no longer present. EMDR seems to have a direct effect on the way the brain functions. It helps look at disturbing experiences in a new and less distressful way.

The number of sessions required depends on the client’s ability to process as well as the complexity and history of the problem, but averages between 2 and 6. Research shows that EMDR is successful in approximately 85% of individuals.

Caution: EMDR processing is sometimes upsetting. It is recommended that a quiet evening is planned after your EMDR session. It is very important that your therapist is credentialed in psychotherapy and has specific training approved by EMDR Canada.

If you have additional questions regarding how EMDR works, please go to www.emdr.com or www.emdrcanada.org.

QUANTUM BIOFEEDBACK

Biofeedback is based on decades of research conducted in the field of biological energies and biological responses. Science has shown us that the body is indeed electric; therefore, electrical activity (stressors) in the body can be identified and reduced through biofeedback.

We know that the human body is constantly trying to regenerate by developing new cells on a daily basis. A little stress can be helpful in motivating us to do the things in life that need to be accomplished. However, when we are under too much stress our bodies have trouble keeping up with this regenerative process. As a result we can become physically ill, depressed, anxious, have difficulty coping and struggle in relationships.

Biofeedback is a holistic approach and works by identifying stressors (Biological, Psychological, Social, Spiritual, and Environmental) and reducing those stressors so the body can naturally heal itself. Healing is an individual process and is not linear. Therefore, each person will experience individual progress in their healing. Biofeedback is a relaxing, gentle and totally painless way to reduce stress and allow our bodies to heal.

If you have additional questions regarding Quantum Biofeedback and how it works, visit www.biofeedbackassociation.com, www.quantum-biofeedback.net, or simply type the words “*Quantum Biofeedback Therapy*” into your website browser.

SOMATIC EXPERIENCING

Somatic Experiencing (SE) is a short-term naturalistic approach to trauma recovery. Somatic Experiencing believes human beings have an innate ability to overcome the effects of trauma. This therapeutic process can be applied to the following life events and challenges:

- **Physical Trauma:** physical abuse, electrocution, drowning, chronic pain, burns, poisons, invasive surgery, post-anesthetic.
- **Emotional Trauma:** severe neglect and/or abandonment, severe loss, ongoing abuse.
- **Sexual Trauma:** rape, incest, molestation.
- **Natural Disasters:** hurricane, earthquake, tornado, floods.
- **Post-Traumatic Stress Disorder**
- **Failure of Physical Defense:** falls, high impact auto-accidents, head injury.
- **Inescapable Attack:** wild animal attack, war experiences.

SE helps to restore resiliency post-trauma. Rather than reliving the trauma, people working with SE begin to make sense of the experience through body awareness. The Somatic Experiencing trauma intervention returns a sense of aliveness, relaxation and wholeness.

EMI - EYE MOVEMENT INTEGRATION

EMI is a method similar to, but different from EMDR. The method can free clients from the burden of unresolved memories of almost any form of trauma - from childhood abuse to car accidents; from rape to natural disaster to combat situations - in one to six treatment sessions.

This is not hypnosis, nor magic, but an extraordinarily direct means of releasing the power of the mind to do what it was designed to do: heal itself.

Anxiety is the biggest link with your immune system. Therefore, you are more susceptible to disease. EMI helps reduce the consequence of trauma.