

## Therapy and Trauma Treatments

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### Types of Therapy:

- **Cognitive-behavioral therapy (CBT)** takes a dual-pronged approach to healing using cognitive tools to develop healthy core beliefs, and behavioral tools to help you to create healthy behavioral habits.
- **Dialectical behavior therapy (DBT)** is a type of CBT that helps with skill develop in four key areas: mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. Some of the many benefits of developing these skillsets are an ability to forestall impulsive behavior; manage intense emotions without getting overwhelmed; recognize and assertively express your needs and wants in relationships; understand your emotions and keep them from dictating your behavior. While you will find all of this in MfML, a DBT-trained therapist can offer invaluable support and in-person resources to help you put these skills to work.
- **Interpersonal therapy** is a time-limited therapy that focuses primarily on improving relationships and helping you express emotions in healthy ways. It is also used as a treatment for grief.
- **Family therapy** helps family members communicate more effectively, handle conflict, and problem solve.
- **Psychodynamic therapy** assists people in developing greater self-awareness; that is, a better understanding of the thoughts and emotions that drive their behavior.
- **Expressive Arts therapy** uses writing, drama, dance, movement, painting, and/or music as a means of accessing, decoding, and processing thoughts and emotions. It focuses on the process of creating (as opposed to the final product) as a healing tool. There are also modality specific arts-based therapies like Art Therapy, Dance/Movement Therapy, and Drama Therapy.
- **Virtual therapy** is—as you’ve probably guessed—mental health counseling online. You may also hear it referred to as e-therapy, distance therapy, internet therapy and web therapy. According to *TalkSpace*, “therapists and online therapy networks use a variety of mediums such as apps for texting, video chatting, voice messaging and audio messaging”. Studies have demonstrated the efficacy of virtual therapy such that it has become a viable alternative and supplement to, in-office therapy. The following are four websites to check out if you’re interested in exploring this option: [betterhelp.com](https://www.betterhelp.com), [happythemovement.com](https://www.happythemovement.com), [talkspace.com](https://www.talkspace.com), [regain.us](https://www.regain.us) (relationship counseling).

# MINDFULNESS for a messy life

## Trauma-Specific Therapies

- **EMDR (Eye Movement Desensitization and Reprocessing) therapy** “is an eight-phase treatment which comprehensively identifies and addresses experiences that have overwhelmed the brain’s natural resilience or coping capacity, and have thereby generated traumatic symptoms and/or harmful coping strategies. Through EMDR therapy, patients are able to reprocess traumatic information until it is no longer psychologically disruptive. During this procedure, patients tend to “process” the memory in a way that leads to a peaceful resolution. This often results in increased insight regarding both previously disturbing events and long held negative thoughts about the self. For example, an assault victim may come to realize that he was not to blame for what happened, that the event is really over, and, as a result he can regain a general sense of safety in his world.” You need a trained therapist for EMDR. Find a directory [HERE](#) and [HERE](#).
- **Neurofeedback** is a form of biofeedback (a technique used to monitor and control breath, heart rate, muscle contraction, sweat gland activity and/or temperature). It’s a non-invasive treatment that works to alter the electrical activity in your brain with the goal of improving emotional and brain-based symptoms. Neurofeedback utilizes EEG sensors to monitor your brainwaves, and a computer to send feedback to you, either by means of a playing a video game, listening to music, or watching a video. You can find directories of trained neurofeedback therapists [HERE](#) and [HERE](#).
- **Hypnotherapy** is guided hypnosis. It “uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness that is sometimes called a trance. The person's attention is so focused while in this state that anything going on around the person is temporarily blocked out or ignored. In this naturally occurring state, a person may focus his or her attention—with the help of a trained therapist —on specific thoughts or tasks.”
- **Somatic Experiencing** is an alternative healing practice with the goal of reconnecting you with your physical—and in turn emotional—self. Created by trauma therapist Peter A. Levine, SE is designed to relieve the symptoms of PTSD, as well as other trauma-related health problems. It does this by focusing on the client's perceived body sensations (or somatic experiences) in order to promote awareness and release physical tension that remains in the aftermath of trauma. Find Somatic Experiencing practitioners [HERE](#).
- **EFT (Emotional Freedom Technique) aka Tapping** is simple, easy to learn technique that can have a powerful impact when done consistently. Originated by Dr. Roger Callahan as Thought Field Therapy, and honed by Gary Craig into EFT (more commonly referred to now as Tapping), this technique is said to help clear emotional blockages and lessen the intensity of, or in some cases even eliminate the accompanying physical and psychological symptoms. You can learn how to do EFT on your own, or in consultation with a trained therapist from [this directory](#).

# MINDFULNESS for a messy life

## Getting Help When You're Low on Funds

- **Find in-network providers.** Health insurance in the United States is required by law to include mental health treatment. Do a Google search of your provider's in-network therapists to get a better sense of their background, credentials, areas of focus, and reviews.
- **Check your out-of-network reimbursement rate.** Call your insurance to check on out-of-network coverage. Some plans (called PPO's), offer reimbursement for out-of-network providers.
- **Inquire about Cash Discounts.** It's always worth asking if a therapist offers a discount for paying in cash. Some may prefer this to checks or credit card payment.
- **Check on sliding scales.** Many therapists offer sliding scales, so if your funds are tight, it's well worth asking if they can give you a reduced rate.
- **Low Cost Therapy.** The [Open Path Psychotherapy Collective](#) is a network of therapists who charge between \$30 and \$50 per session. For a one-time subscription fee of \$50 you can be matched up with one of these therapists near you.
- **Utilize your college mental health services.** If you're a student, this is often offered and is part of your tuition.
- **Call a "warm" line.** These free (typically 24/7) lines connect you with trained volunteers when you really need someone to talk to. You can find a local [warm line here](#).
- **Group therapy.** Group therapy is often cheaper than individual sessions. The therapist may want to work with you first, before having you join a group, though not necessarily. If you think a group might work for you (or you're willing to give it a try), do some research on the therapist before reaching out to see if their approach would be a good fit for you.
- **Peer support.** "Peer Support may be defined as the help and support that people with lived experience of a mental illness or a learning disability are able to give to one another. It may be social, emotional or practical.." This list can let you know about peer support availability.