

A holistic approach



Those of you who know me, or who've been referred by acquaintances, who've been clients of mine, might know that several principles are integral to how I work as a psychotherapist. First, I deeply respect the healing potential of in-depth psychotherapy. As I've said to many clients in their stuck moments, I couldn't do this work if I didn't believe, from over two decades of experience, that therapy can be helpful on a profound level. While confiding in family and friends can be valuable at these times, talking to a professional can often be deeply transformative, particularly when personal issues are complex and sensitive.

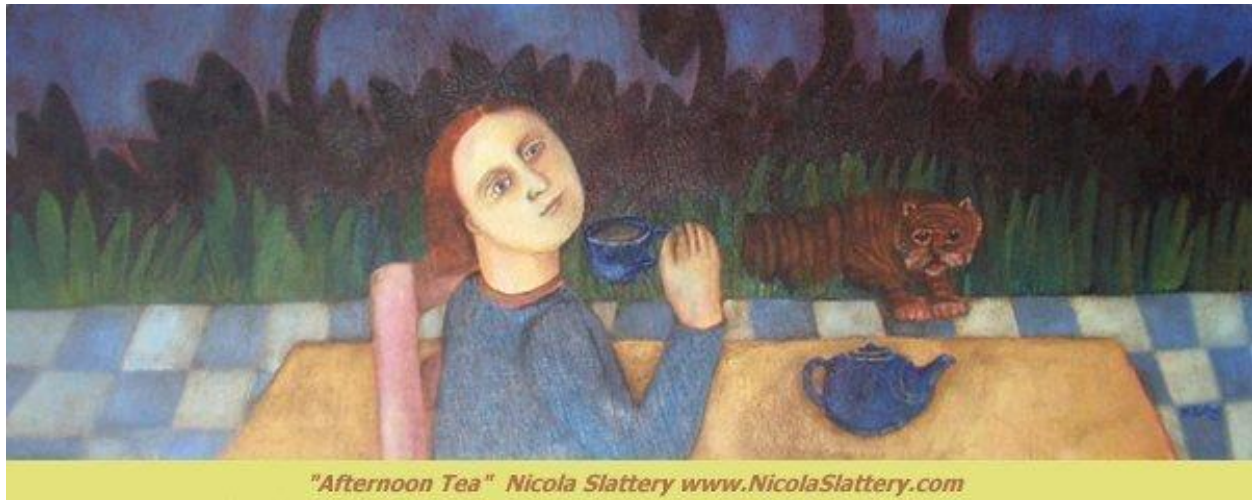
Related to this is my belief that times of stress in our lives -and even times of deep unhappiness that might seem downright hopeless- can serve as opportunities for increased understanding and growth. Psychotherapy is a fascinating tool that can facilitate this growth.

At some point we've all been in the position of finding our own behavior not to our liking, and being perplexed about why this is happening and what to do about it. I strongly believe in a fundamental theory which as follows: It is inevitable that people recreate their childhood experiences, beliefs and patterns, often on a less than conscious level. If you're seeking therapy now, you'll have the opportunity to come to understand the forces behind your behavior and thoughts which can free up these stuck patterns.

So it follows that psychotherapy is most helpful if it is not diminished in its role to a mere symptom-reducer. This implies that I want to help you *not only* stop the panic attacks, if you've been anxious; not only soften the cold stalemate between you and your partner if this is your challenge, or decrease your alcohol consumption (you get the picture...). Instead, we work together to address *the underlying cause* of your particular challenge, whether it be panic attacks, or conflicts in your relationship or your alcohol use, in order that there be a greater possibility of you not returning to this same painful place again. The insurance industry tends to promote quick symptom reduction, which isn't the same as a deeper level change. In psychotherapy, we're not going to merely "medicate away" symptoms of what you're going through. We're going to work together to transform it. And you'll come to learn a great deal about yourself in that process, and you'll feel more empowered to make the choices that lead to a sense of well being.

This leads me to my final point. I am very much of a holistic practitioner. In other words, in my experience, psychotherapy works very well in conjunction with other modes of care and self-care. Depending on your situation, we might explore any number of options that might deepen the transformation you're seeking. For example, we might discuss the idea of consulting a homeopath, an MD or an ND for a medication or a natural supplement to decrease your depression, or to soften your anxiety responses. We also might discuss relaxation techniques such as yoga or meditation to decrease anxiety. If you're feeling isolated, we might explore what's blocking you from opening up to your partner or to a good friend. These are just a few examples, of course. The bottom line is that my task is to facilitate the journey you set

for yourself. If it appears to me that there may be other tools that might compliment or ease your therapy process, we'll explore this options. Below is a small sample of on-line videos, articles, and books detailing complimentary forms of treatment for optimal health and well-being.



On-line videos, articles, and books about other treatment modalities integral to wellness and optimal health:

"Drug Companies and Doctors: A Story of Corruption" by Marcia Angell, New York Review of Books, Jan. 15, 2009 <http://www.nybooks.com/articles/22237>

Homeopathic Medicine: *The Impossible Cure- The Promise of Homeopathy*

Written by a scientist-turned-homeopath, Dr. Amy Lanskey writes a very accessible book about homeopathy, using the cure of her child's autism as her focus, also covering the history of the development of homeopathic medicine.

Prozac Free: Homeopathic Medicine for Depression, Anxiety, and other Emotional and Mental Problems by Judith Reichenberg, ND, MSW and Robert Ullman, ND

Holistic Psychiatry, a brief talk by author and Professor Hyla Cass, MD: <http://vodpod.com/watch/886510-hyla-cass-md-holistic-psychiatry>

A guide for families and patients detailing psychiatric diagnoses and current treatment and medication recommendations: <http://www.psychguides.com/pfg>

Alternative Medicines: <http://vodpod.com/watch/906556-robert-rowen-md-tells-why-he-values-the-benefits-of-alternative-medicine> A brief intro video of Dr. Robert Rowen discussing the value of "alternative" medicines in healing:

Vitamins and Antioxidants: <http://vodpod.com/watch/1230903-bbc-linus-pauling-vitamins-and-antioxidants> A 10-minute YouTube video explanation of Linus Pauling's work on the importance of Vitamins and Antioxidants in our diet.

Meditation: <http://vodpod.com/watch/632099-mindfulness-with-jon-kabat-zinn> A 1 hour video talk and demonstration on meditation with Jon Kabat-Zin.