

# INTEGRATIVE THERAPIES APPLICATIONS

## *CLINICAL PRACTICE*

- Appropriate for children, adolescents and adults, families, and groups
- Psychological issues: depression, anxiety, anger, addictions, eating disorders, trauma
- Bereavement, Grief, Loss
- Relationship issues that arise in individual, couples and family counseling
- Transitions, career, school issues

## *MIND-BODY HEALING*

- Promotes the inner resources for healing
- Wellness and prevention orientation
- Stress management
- Supports healing illness and disease
- Direct participation in their healing process
- Management of chronic fatigue
- Pain management
- Body awareness and transformation

## *PERSONAL GROWTH and CREATIVITY*

- Opens the door for the person to have a more holistic experience of their life
- Access and strengthen one's creative and intuitive gifts
- Empowers awareness and connects unconscious to conscious creative process
- Stimulates the creative imagination; very helpful to artists, musicians and writers
- Access and strengthen inner wisdom in facing transitions and challenges

## *SPIRITUALITY and TRANSPERSONAL*

- Connects the person to a deeper relationship with themselves
- Directly experience the transpersonal through meaningful personal imagery
- Experience an enriching sense of a personal spiritual journey and soul work
- Develop capacity for compassion and gratitude

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