



## Types of Psychotherapy

**Acceptance and Commitment Therapy (ACT):** ACT combines acceptance, psychological flexibility, and mindfulness to address a number of mental health disorders. In therapy, clients clarify their values and take action which are guided by these values. The goal of ACT is for individuals to live a more fulfilling life more congruently with their values.

**Cognitive Behavioral Therapy (CBT):** CBT is based on the assumption that our thoughts influence how we feel, and ultimately how we behave. Often, individuals get “stuck” in negative and irrational thought patterns which create anxiety, depression, and other mental health issues. The goal of CBT is to address and challenge these negative cognitions, while developing more realistic and helpful thoughts which ultimately improve one’s well-being and mood.

**Exposure and Response Prevention (ERP):** ERP is a type of Cognitive Behavioral Therapy which is highly effective for individuals suffering from OCD, anxiety disorders, and phobias. The “exposure” part of ERP refers to the process in which the client, with the support of the therapist, gradually exposes themselves to thoughts, images, objects and/or situations which create significant distress and trigger compulsive behaviors. “Response prevention” refers to encouraging the client to make a choice to not engage in compulsive behaviors and/or avoidance as a way of neutralizing the obsessive thoughts.

**Eye Movement Desensitization and Reprocessing (EMDR):** Stress and traumatic experiences are stored in our brains and EMDR can actually help the brain to heal itself, allowing our minds to release that tension and no longer hold as much distress when we remember upsetting times in our lives. EMDR uses both talk therapy and body-based techniques that can reduce stress in our minds and allow us to live with more ease. Many clients report a dramatic decrease in stress within a few sessions.

**“Maudsley-Model”** (similar to Family Based Treatment or FBT): This family therapy model is a way to heal a child’s serious eating disorder, primarily anorexia, as we support parents and caregivers in re-feeding and nourishing their child back to health. FBT supports parents and understands that we don’t cause our kids’ eating disorders, but we **can** help them recover by taking back safe control over the food and eventually give back the reigns of more independence to our growing tweens and teens.