

# 1 | Treatment Approach Options

Stress Management	Benefits	Method	Good for people who ...	Resources	Comments
<b>Relaxation Techniques</b>  <i>-Progressive Muscle</i> <i>-Diaphragmatic Breathing</i>	Improves energy, sleep, breathing, circulation; reduces pain.	Focusing, breathing, stretching, imaging.	... respond well to structure; want to increase their physical energy, feel calm, or reduce their pain; are busy, have active minds, or are sensitive to feelings of others.	Audio/videotapes, books, classes at medical, community, & wellness centers	Research-based health benefits. Can do alone or with others.
<b>Journaling</b>	Clarifies thinking; helps to solve problems & make decisions.	Writing about thoughts, feelings, desires, needs, & experiences.	... like to write or read; are list-makers; are shy, reserved, imaginative, perceptive, or dreamers; need private time to sort out decisions.	Books, workshops, specialty journals  <a href="http://www.tcm.com/hr-books/journaling.htm">www.tcm.com/hr-books/journaling.htm</a>  Cameron: <i>The Artist's Way</i>	Private, can do alone or in groups. Person controls depth of subject matter.
<b>Biofeedback</b>	Reduces pain; improves breathing, heart rate, blood pressure.	Focusing, breathing, & visualizing, monitoring changes with machine.	... need structure; are good at following instructions; prefer concrete & logical approaches; like technology & visual results.	<a href="http://aapb.org">http://aapb.org</a>  <a href="http://www.aabt.org">www.aabt.org</a>  Assn for Applied Psychophysiology & Biofeedback (303-422-8436)	Research-based. Offered at rehab & pain centers. Covered by some health insurance policies.
<b>HeartMath</b>	Improves blood pressure, heart rate, cholesterol levels.	Breathing, visualizing, shifting focus; monitoring progress with computer.	... are active or need immediate relief; seek structured approaches to increase their energy or reduce stress-related medical problems.	<a href="http://www.heartmath.com">www.heartmath.com</a> (800-450-9111)  Books, workshops, training, & computer programs  Childre & Martin: <i>The HeartMath Solution</i>	Research-based. Used in hospitals & corporations.
<b>Guided Imagery</b>	Strengthens immune system; reduces tension, pain; improves respiration & heart rate.	Visualizing while listening to music or narration; interpreting images.	... are visually-oriented; enjoy movies & plays; are energized by nature; dream or are imaginative; want to develop their intuition.	<a href="http://www.nancyjnapier.com">www.nancyjnapier.com</a>  <a href="http://www.healthjourneys.com/guidedimagery.asp">www.healthjourneys.com/guidedimagery.asp</a>  <a href="http://www.healthyroads.com/gi">www.healthyroads.com/gi</a> (877-330-2746)	Research: effective for immune-related conditions. Useful for stress, decision-making, health.
Solution-Focused Therapies	Benefits	Method	Good for people who ...	Resources	Comments
<b>Dialectical Behavior Therapy (DBT)</b>  <i>Created by Marsha Linehan, PhD</i>	Regulates emotions; reduces distress & therapy-interfering behaviors. Increases self-responsibility, relationship skills.	Training in mindfulness & interpersonal effectiveness skills.	... have had difficulty being in therapy or with interpersonal relationships; are judgmental or emotionally reactive; need structure.	<a href="http://www.phoneixinflight.homestead.com/Linehan.html">www.phoneixinflight.homestead.com/Linehan.html</a>  <a href="http://www.priory.com/dbt.htm">www.priory.com/dbt.htm</a> (Professional)	Research-based results. Useful approaches & skills for traits that interfere with developing & maintaining healthy relationships.
<b>Hypnotherapy</b>	Shifts beliefs & perceptions; identifies options; builds self-esteem & resources to take action & make positive changes.	Exploring sensory images & affirming language; using symbolic language to engage client; focusing on intentions & positive outcomes.	... have difficulty making changes; value humor, lightheartedness, & playfulness; are sensual or sensitive to external environments. <b>Caution:</b> Useful for trauma work ONLY when client knows how to pace the work, contain overwhelming feelings, & stay grounded in reality.	<a href="http://www.stephengilligan.com">www.stephengilligan.com</a>  <a href="http://www.erickson-foundation.org">www.erickson-foundation.org</a>  <a href="http://www.hypnosiscanada.com">www.hypnosiscanada.com</a>	Post-polio research: useful results. Clinician needs to be well-trained & integrate into therapy.
<b>Neuro-Linguistic</b>	Identifies goals & strategies; improves	Using sensory observations, language,	... want to achieve results & learn how to	Books, tapes, training programs	Very useful; does not probe deep feelings; not

<b>Programming (NLP)</b>	communications; learning, performance, resourcefulness.	cognitive-behavioral & hypnotherapy techniques.	improve their work performance, health, & relationships; teaching, training, & interpersonal effectiveness.	<a href="http://www.nlpanchorpoint.com">www.nlpanchorpoint.com</a> (800-544-6480)  O'Connor: <i>Introducing NLP</i>	a "quick fix" for trauma issues.
<b>Cognitive-Behavioral Therapy</b>	Helps in shifting negative thoughts, limiting beliefs, & unhealthy coping behaviors.	Identifying aspects of problems; challenging negative thinking; creating action plans; offering problem-solving skills.	... are "thinkers" and "doers"; tend to see the world in opposites; are cynical & critical or stuck in problematic behavior patterns; want to focus on present-day issues; are emotionally reactive.	Workbooks, workshops, counseling  National Assn of Cognitive Behavioral Therapy <a href="http://iacp.asu.edu/links.htm">http://iacp.asu.edu/links.htm</a>	Focuses on thinking, social interactions, & behaviors. Limited in affecting deep feelings; useful with other approaches.
<b>Insight-Oriented Therapies</b>	<b>Benefits</b>	<b>Method</b>	<b>Good for people who ...</b>	<b>Resources</b>	<b>Comments</b>
<b>Relational Therapy</b>	Improves self-esteem, communication, & relationship skills; reduces interpersonal conflicts, loneliness.	Discussing issues; strengthening awareness of self & others; setting goals; learning skills; resolving conflicting needs.	... are couples/partners with interpersonal conflicts or sexuality problems; are individuals seeking a life partner or greater satisfaction with their relationships; are willing to learn about themselves & others.	Books, workshops, video/audiotapes  <a href="http://www.mastersandjohnson.com">www.mastersandjohnson.com</a>  <a href="http://www.imagotherapy.com">www.imagotherapy.com</a>  <a href="http://www.aamft.org">www.aamft.org</a>	Learn skills & insight for health, self-esteem, & relationships. Affects medical, disability, or trauma issues.
<b>Psychodynamic Therapy</b>	Develops insight into behaviors & decisions; resolves inner conflicts; builds self-esteem; improves relationships & health.	Exploring needs, desires. Discussing unconscious motivations & impact of family of origin issues on present-day situation; discovering healthy coping options.	... are curious and want to make positive changes; are insightful or sensitive to others' reactions; are "thinkers" and "doers" wanting to strengthen their ability to be intimate; have difficulty expressing feelings and ideas; value relationships.	<a href="http://www.mental-health-matters.com/treatments/trt_details.php?trtID=54">www.mental-health-matters.com/treatments/trt_details.php?trtID=54</a>	Important to improve relationships & satisfaction with life. Useful for understanding attitudes.
<b>Expressive Therapies</b>	<b>Benefits</b>	<b>Method</b>	<b>Good for people who ...</b>	<b>Resources</b>	<b>Comments</b>
<b>Dance &amp; Movement Therapy</b>	Releases feelings & physical tension; improves body awareness & self-esteem; empowers client, increases energy, playfulness.	Expressing spontaneous physical movement with or without sound; connecting to body; reflecting on, discussing, & learning from experiences.	... value dance or music; are affected by sounds; busy "doers" who do not pay attention to their bodies or their feelings; individuals who tend to be compulsive or obsessive; those who want to have fun; have difficulty expressing feelings.	<a href="http://www.adta.org">www.adta.org</a> (USA/International)  Levy: <i>Dance Movement Therapy: A Healing Art</i>  Needham-Constonis: <i>Therapy in Motion</i>  Chodorow: <i>Dance Therapy &amp; Depth Psychology</i>	Research: very effective for people with trauma, medical, or disability issues. Can be done in a sitting or lying position; client can use imagination.
<b>Art Therapy</b>	Improves self-awareness, cognitive abilities, intuition, safe expression of emotions.	Using art materials; creating spontaneous expressions; interpreting meaning from visual images.	... learn visually and tactilely; enjoy working with their hands or concrete objects; value art, spontaneity, & playfulness; have difficulty expressing feelings.	<a href="http://www.arttherapyincanada.ca">www.arttherapyincanada.ca</a>  Malchiodi: <i>The Art Therapy Sourcebook</i>  Allen: <i>Art is a Way of Knowing</i>	Research: increases self-esteem; useful for people with health problems, disabilities, or trauma.
<b>Music Therapy</b>	Shifts moods; reduces tension; improves heart rate, breathing, releases endorphins.	Using sounds to evoke feelings, soothe, support, & comfort.	... enjoy or find sounds stimulating, uplifting, or comforting; are private, reserved, shy, or outgoing & active; need control over their environment & support	<a href="http://www.musictherapy.org">www.musictherapy.org</a>  Bruscia: <i>Defining Music Therapy</i>  Gaynor: <i>The Healing</i>	Research: good results; useful for people with medical, disability, or trauma issues.

			in releasing feelings.	<i>Power of Sound</i>	
<p><b>Personality-Focused</b></p> <p>-Gestalt -Parts Work -Internal Family Systems (IFS)</p>	Identify & resolve conflicting needs; strengthens awareness, acceptance, decision-making, & ability to take action.	Journaling, drawing, or dialoguing about self: personality characteristics.	... are expressive; value plays, movies, books, character development; are private about their feelings; are very busy or over-committed; have strong, forceful personalities; are sensitive or creative; have conflicting priorities or needs; want to understand reasons for unhealthy coping behaviors.	<p><a href="mailto:info@gestlattherapy.org">info@gestlattherapy.org</a></p> <p><a href="http://www.selfleadership.org/ifsmodel.htm">www.selfleadership.org/ifsmodel.htm</a></p> <p>Stone &amp; Stone: <i>Embracing Our Selves: The Voice Dialogue</i></p> <p>Cappacchione: <i>Healing the Inner Child &amp; The Well-Being Journal</i></p> <p>Schwartz: <i>Internal Family Systems Therapy</i></p>	Parts exercises reveal positive reasons for unhealthy traits. Valuable alternative to worrying & obsessing.
<b>Energy-Focused Therapies</b>	<b>Benefits</b>	<b>Method</b>	<b>Good for people who ...</b>	<b>Resources</b>	<b>Comments</b>
<p><b>Focusing</b></p> <p>Developed by E. Gendlin, PhD</p>	Gain awareness of intuition & body's messages.	Noticing & interpreting sensations, feelings, thoughts, & dreams.	... want to develop their intuition; need to respect their health conditions; discount their physical or emotional needs; have difficulty making decisions; are unaware of their feelings.	<p>Gendlin: <i>Focusing</i></p> <p>Gendlin: <i>Focusing-Oriented Psychotherapy</i></p> <p><a href="http://www.focusing.org">www.focusing.org</a> (845-362-5222)</p>	Extremely useful self-awareness skills. Serves many purposes.
<p><b>EMDR: Eye Movement Desensitization and Reprocessing</b></p> <p>Originated by Francine Shapiro, PhD</p>	Identifies & resolves anxieties, phobias, distress, traumatic memories in contained way.	Visualizing images & moving eyes; expressing feelings; discussing meaning.	... have problems stemming from one incident; have a history of trauma & have a trusting relationship with an ethical, well-trained therapist; know how to use grounding, pacing, & containment skills.	<p><a href="http://www.emdria.org">www.emdria.org</a></p> <p><a href="http://www.emdr.com">www.emdr.com</a></p> <p>Shapiro: <i>EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma</i></p> <p>Parnell: <i>Transforming Trauma: EMDR</i></p>	Research: useful for trauma issues. Health cautions with certain cardiac, respiratory, or neurological conditions.
<p><b>Energy Therapies</b></p> <p>Emotional Freedom Technique (EFT) or Thought Field Therapy (TFT)</p>	Reduces distress, anxiety, phobias, physical tension; improves cognitive functioning, stabilizes emotions.	Using fingers to tap or press Chinese medicine points on the body; stating positive intentions; measuring distress levels.	... need immediate relief from distress; are open to exploring different approaches & have a trusting relationship with a well-trained, ethical therapist.	<p><a href="http://www.tftrx.com">www.tftrx.com</a></p> <p><a href="http://www.energypsychology.org">www.energypsychology.org</a></p> <p><a href="http://emotionalrelief.org">http://emotionalrelief.org</a></p> <p><a href="http://www.meridianpsych.com/methods.htm">www.meridianpsych.com/methods.htm</a></p> <p>Gallo: <i>Energy Psychology in Psychotherapy</i></p>	Clinician needs high level of experience to integrate with content. Can be adapted without tapping for clients who cannot use their hands.
<p><b>Somatic Trauma Therapy</b></p>	Reduces highly aroused "fight, flight, & freezing" impulses to trauma triggers.	Employing body awareness, expression of feelings, use of images.	... have endured traumas, surgeries, accidents, medical complications, or diseases; are unaware of body sensations; want to reduce the distress of physical symptoms/pain/ need to release blocked feelings.	<p><a href="http://www.traumahealing.com">www.traumahealing.com</a></p> <p><a href="http://www.fsu.edu/~trauma/v6i3a3.html">www.fsu.edu/~trauma/v6i3a3.html</a></p> <p><a href="http://www.nwc.net/personal/babette/somatic.htm">www.nwc.net/personal/babette/somatic.htm</a></p> <p>Rothschild: <i>The Body Remembers</i></p>	Harvard University research finds effective for treating trauma. Clinicians must be well-trained & support client before & after processing.
<b>Treatment Programs</b>	<b>Benefits</b>	<b>Method</b>	<b>Good for people who ...</b>	<b>Resources</b>	<b>Comments</b>

<p><b>Trauma Resolution Programs</b></p> <p><i>Affiliated with behavioral health centers or medical school universities. Limited availability.</i></p>	<p>Stabilizes &amp; strengthens client's ability to function; provides structure &amp; expertise to resolve unhealthy patterns related to traumas; builds responsibility for behaviors.</p>	<p>Assessing effects &amp; triggers of traumas; processing traumatic memories to reduce their impact; developing healthy coping skills; creating plans to prevent relapses; using multiple treatment approaches.</p>	<p>... have a history of intense or ongoing neglect or abuse; are at risk medically; are potentially harmful to self or others; are unable to function adequately or to process traumas in outpatient setting; unable to express emotions safely.</p>	<p><a href="http://www.trauma-pages.com">www.trauma-pages.com</a></p> <p><a href="http://www.sidran.org/tramabr.html">www.sidran.org/tramabr.html</a></p> <p><a href="http://www.issd.org">www.issd.org</a> (International)</p> <p><a href="http://www.estss.org">www.estss.org</a> (Europe)</p> <p><a href="http://www.isst.org">www.isst.org</a> (International)</p> <p><a href="http://www.riveroakshospital.com">www.riveroakshospital.com</a></p> <p><a href="http://www.tworivershospital.com">www.tworivershospital.com</a></p> <p><a href="http://traumacenter.org">http://traumacenter.org</a></p> <p><a href="http://www.rossinst.com">www.rossinst.com</a></p>	<p>High quality programs are extremely valuable. Clinicians need to be well-trained, ethical, &amp; able to understand how emotional &amp; psychological traumas can get replayed in treatment.</p>
<p><b>Chemical Dependency Programs</b></p>	<p>Stabilize &amp; manage client's compulsive behavior; increase self-awareness &amp; healthy coping skills.</p>	<p>Teach skills to intervene; learn about underlying needs &amp; how to respond to emotions.</p>	<p>... use alcohol, medication, or illegal drugs to numb their feelings; depend on substances to function, relax, sleep; or cannot function or react harmfully because of usage.</p>	<p><a href="http://helping.apa.org/therapy/alcohol.html">http://helping.apa.org/therapy/alcohol.html</a> (Professional)</p>	<p>Quality of program, staff's boundaries, &amp; training critical to prevent emotional trauma to client.</p>
<p><b>Chemical Interventions</b></p>	<p>Relieve emotional pain &amp; cognitive distress; improve mood, functioning, sleep, appetite; increases physical &amp; mental energy &amp; emotional resilience; reduces pain, obsessiveness, &amp; emotional reactivity.</p>	<p>Using drugs prescribed by MD/DOs; taking medication to stimulate &amp; balance the brain's chemistry, replenishing its neuro-transmitters depleted from trauma or accumulated stress.</p>	<p>... have difficulty sleeping, eating, remembering, concentrating, managing emotions, or lacking energy, and/or feeling hopeless for extended period of time; whose anxiety, depression, or dissociation interferes with daily functioning or responsibilities; or whose mood changes frequently and/or rapidly.</p>	<p><a href="http://www.mental-health-matters.com/medication/index.php">www.mental-health-matters.com/medication/index.php</a></p>	<p>Avoid addictive medications &amp; using them to mask feelings. Post-polio research showed that polio survivors with depressive symptoms were under-diagnosed &amp; under-treated for depression.</p>

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Updated November 2008