

insight wellness and counseling

Insight Wellness and Counseling: Your Path to a Brighter Future

Are you feeling lost, overwhelmed, or stuck in a rut? Do you yearn for a deeper understanding of yourself and the tools to navigate life's challenges with greater ease? If so, you're not alone. Many people seek guidance and support to achieve greater well-being, and that's where Insight Wellness and Counseling comes in. This comprehensive guide explores what Insight Wellness and Counseling offers, its benefits, and how it can help you unlock your full potential. We'll delve into different types of therapy, the importance of finding the right therapist, and the journey towards lasting personal growth.

Understanding Insight Wellness and Counseling: More Than Just Therapy

Insight Wellness and Counseling goes beyond simply addressing immediate problems. It's a holistic approach focusing on fostering self-awareness, building resilience, and promoting lasting positive change. We believe that true well-being encompasses mental, emotional, and even physical health. Our approach integrates various therapeutic modalities to tailor treatment to each individual's unique needs and circumstances. This means we don't offer a one-size-fits-all solution; instead, we work collaboratively with you to develop a personalized plan to achieve your specific goals.

Types of Therapy Offered at Insight Wellness and Counseling

At Insight Wellness and Counseling, we offer a range of therapeutic approaches to cater to diverse needs and preferences. These include:

Cognitive Behavioral Therapy (CBT): CBT is a highly effective method focusing on identifying and changing negative thought patterns and behaviors. It's particularly useful for managing anxiety, depression, and other mood disorders. We help clients understand how their thoughts influence their feelings and actions, equipping them with practical strategies for coping and change.

Dialectical Behavior Therapy (DBT): DBT is especially helpful for individuals struggling with intense emotions, self-harm, or borderline personality disorder. This therapy emphasizes mindfulness, emotional regulation, and distress tolerance skills, providing clients with tools to manage difficult situations effectively.

Acceptance and Commitment Therapy (ACT): ACT focuses on accepting difficult emotions and thoughts rather than fighting them. It helps clients identify their values and commit to actions aligned with those values, leading to a more meaningful and fulfilling life. This is a powerful approach for overcoming obstacles and living a life in line with your personal goals.

Psychodynamic Therapy: This approach explores unconscious patterns and past experiences to

understand current difficulties. By uncovering underlying issues, we can help clients gain insights into their behaviors and relationships, leading to greater self-awareness and personal growth.

Solution-Focused Brief Therapy: This short-term therapy focuses on identifying solutions rather than dwelling on problems. It's a practical and goal-oriented approach, helping clients quickly achieve positive changes and move forward.

Finding the Right Therapist for You: A Crucial Step

Choosing a therapist is a deeply personal decision. At Insight Wellness and Counseling, we understand the importance of finding the right fit. We encourage you to consider several factors:

Therapeutic Approach: Consider which therapeutic approach aligns with your needs and preferences. Our website provides detailed information on each modality offered.

Therapist Personality: A good therapeutic relationship is built on trust and rapport. Schedule a consultation to meet with potential therapists and see if you feel comfortable and connected.

Experience and Specialization: Consider the therapist's experience and specialization in areas relevant to your concerns. We have therapists specializing in various areas, including anxiety, depression, trauma, relationship issues, and more.

Insurance Coverage: Check if your insurance covers therapy at Insight Wellness and Counseling. We can assist you in navigating the insurance process.

The Insight Wellness and Counseling Journey: What to Expect

The therapeutic process is unique to each individual. However, here's a general overview of what you can expect:

1. **Initial Consultation:** This session involves discussing your concerns, goals, and expectations. We'll assess your needs and determine the most suitable therapeutic approach.
1. **Therapy Sessions:** Regular sessions provide a safe and supportive space to explore your thoughts, feelings, and behaviors. We'll work collaboratively to develop strategies for overcoming challenges and achieving your goals.
1. **Ongoing Assessment and Adjustment:** Throughout the process, we'll continuously assess your progress and adjust the treatment plan as needed.

1. Termination and Aftercare: When you're ready, we'll work together to develop a plan for maintaining progress and coping with future challenges. We may offer resources and support beyond the formal therapy sessions.

The Benefits of Insight Wellness and Counseling

The benefits of seeking professional support at Insight Wellness and Counseling are numerous and far-reaching. These include:

Improved Mental and Emotional Health: Therapy can significantly reduce symptoms of anxiety, depression, and other mental health conditions.

Increased Self-Awareness: Gaining a deeper understanding of yourself and your patterns of thinking and behaving can lead to greater self-acceptance and personal growth.

Improved Relationships: Therapy can help you improve communication skills, resolve conflicts, and build stronger, healthier relationships.

Enhanced Coping Mechanisms: Learn effective strategies to manage stress, cope with difficult emotions, and navigate life's challenges.

Greater Life Satisfaction: By addressing underlying issues and developing coping skills, therapy can lead to a more fulfilling and meaningful life.

Conclusion

At Insight Wellness and Counseling, we're committed to providing compassionate, effective care to help you achieve your goals and live your best life. We understand that taking the first step can be challenging, but we encourage you to reach out and explore the possibilities. Investing in your mental and emotional well-being is an investment in yourself and your future. Contact us today to schedule a consultation and embark on your journey towards a brighter, healthier you.

Frequently Asked Questions (FAQs)

1. What are your hours of operation? Our hours are flexible to accommodate diverse schedules. Please contact us to discuss appointment availability.
1. Do you accept insurance? We work with many insurance providers, but it's best to contact us directly to confirm your coverage.

1. What if I'm not sure what type of therapy I need? Our initial consultation is designed to help you determine the most appropriate approach for your needs.
1. How long does therapy typically last? The duration of therapy varies depending on individual needs and goals. We'll work collaboratively to establish a realistic timeline.
1. Is all communication confidential? Yes, all communications within the therapeutic relationship are strictly confidential, as mandated by professional ethics and legal requirements. Exceptions may apply as required by law (e.g., reporting of child abuse or imminent harm).

insight wellness and counseling: Creating Relationship Wellness Stephanie Wijkstrom, 2021 Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

insight wellness and counseling: Counselor Wellness Richard D. Parsons, Karen L. Dickinson, Bridget Asempapa, 2020-01-15 Counselor Wellness: Caring for Self to Care for Others underscores the importance of self-care for counselors in order to maintain an ethical, life-giving practice and minimize the risks of burnout, compassion fatigue, and secondary trauma. The book provides valuable insight regarding the inherent risks and challenges that come with serving others. It contains timely research and practical strategies for reducing stress and preventing the deleterious effects that can derail personal and professional effectiveness. Each chapter begins with a reflection from a counselor, setting the stage for robust discussions about the rigors of counseling practice and the personal challenges many counselors face. The chapters feature cutting-edge research and evidence-based approaches to recognizing, intervening, and preventing threats to emotional well-being. Case illustrations and guided exercises personalize the reading experience and help readers draw connections between the material and their everyday lives. Key topics addressed include the increasing complexity and severity of clients' issues, the cost of empathy, ethical issues, developing a personal wellness orientation, and resiliency. Designed to help counselors prioritize self-care in order to support the successful care of others, Counselor Wellness is an exemplary resource for pre-service counselors, as well as those in practice. Richard D. Parsons, Ph.D. is a professor of counselor education at West Chester University. He has over 40 years of university

teaching experience and has had a private clinical practice for over 30 years. Dr. Parsons serves as a consultant to educational and mental health institutions in Pennsylvania, New Jersey, and Delaware. He has authored or co-authored over 90 books, book chapters, and professional articles. He earned his master's and doctoral degrees from Temple University. Karen L. Dickinson, Ph.D. is an associate professor and graduate coordinator of counselor education at West Chester University. She has 13 years of university teaching experience and over 30 years of experience as a teacher and school counselor in the K-12 education system. Bridget Asempapa, Ph.D. is an assistant professor of counselor education and the coordinator of the school counseling certification program at West Chester University. She has a dual license in professional school counseling and clinical mental health counseling.

insight wellness and counseling: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

insight wellness and counseling: Essential Interviewing and Counseling Skills Tracy A. Prout, Tracy Prout, PhD, Melanie Wadkins, PhD, 2014-03-27 Print+CourseSmart

insight wellness and counseling: Treatment of Perinatal Mood Disorders Nan Nelson, MD, 2016-10-21 In medical school, we were taught First, Do No Harm. While studying in obstetrics, we were basically told, Do not interfere with the natural process of pregnancy and delivery so that nature could run its course. Let the obstetrician add medication because they know the most. In the world of defensive medicine, why would you add medication during pregnancy? The malpractice insurance for ob-gyns is astronomical. Women have been delivering babies since the beginning of time, and it'll all turn out okay. As an intern, I was terrified of killing someone. I would check and recheck my work to make sure that I did not harm someone. So the noninterference of medication use during pregnancy and postpartum made sense to me.

insight wellness and counseling: The Professional Counselor's Desk Reference Mark A. Stebnicki, PhD, LPC, DCMHS, CRC, CCM, CCMC, Irmo Marini, PhD, DSc, CRC, CLCP, 2015-08-21 This award-winning, bestselling reference for professional counselors and graduate students is extensively updated and expanded to encompass critical developments that are immediately relevant to the counseling professions, including the 2014 American Counseling Association Code of Ethics, CACREP/CORE accreditation standards, DSM-5, the Affordable Care Act, and many other important changes. It reflects the ongoing consolidation of a strong identity for professional counselors and the need to address mental health and other counseling concerns amidst marked socio-cultural changes. The only resource of its kind, it is an extremely useful guide for counseling students working toward licensure and certification as well as experienced counselors, counselor educators, clinical supervisors, psychologists, and social workers. The second edition offers a unique interdisciplinary approach inclusive across all counseling disciplines and features contributions from over 110 highly regarded experts in counselor education, research, and practice. It is based on the core content and

knowledge areas outlined by CACREP and CORE accreditation standards and disseminates, in 93 chapters, both contemporary insight and practical strategies for working with the complexity of real-life issues related to assessment, diagnosis, and treatment of diverse clients. New chapters address military and veteran health issues; evidence-based practice for training; counseling transgender individuals, partners, and families; counseling caregivers;; social justice; and so much more. In addition to being a quick-access resource for all counseling professionals, the second edition serves as a concise, accessible reference for graduate students preparing for certification and licensure exams. It features an expanded, comprehensive self-exam of over 340 multiple-choice items based on the CORE/CACREP core content and knowledge areas for counselor education and training. New to the Second Edition: Updated and expanded discussion of the 2014 ACA Code of Ethics Affordable Care Act and its impact on delivery of mental health services Coverage of DSM-5 Promotes an interdisciplinary approach inclusive across all counseling disciplines Includes an expanded self-exam with over 340 study questions for NCE and CPCE prep New chapters on military and veteran mental health issues New chapter on evidence-based practices for counseling New chapter on behavioral health and health disparities in the U.S. New chapter on social justice and health equity issues New chapter on counseling caregivers New chapter on counseling children with psychiatric conditions New chapter on counseling for wellness New chapter on counseling survivors of natural disasters New information on complementary, alternative, and integrative approaches New information on counseling LGBTQ couples, partners and families Key Features: Covers all key foundational content for CACREP/CORE-accredited programs within one volume Provides quick access to a vast compendium of counseling information Edited and authored by leading counseling scholars, educators, and practitioners Relevant across all counseling specialties Updated to reflect 2014 ACA Code of Ethics, Affordable Care Act, DSM-5, and revisions to licensure requirements in many states

insight wellness and counseling: How to Succeed in Therapy Jared Scherz, 2015 This book can help you understand the complex systems, processes, and nuances of the things to know as you consider therapy to help improve your life.

insight wellness and counseling: Mental Wellness in Adults with Down Syndrome Dennis McGuire, Brian Chicoine, 2021 This thoroughly updated second edition of MENTAL WELLNESS IN ADULTS WITH DOWN SYNDROME is upbeat and accessible in tone, yet encyclopedic in scope. The size of the book reflects both the breadth of the authors' knowledge--acquired as cofounders of the first medical clinic dedicated solely to the care of adults with Down syndrome--and the number of psychosocial issues and mental disorders that can affect people with Down syndrome. It's the go-to guide for parents, health practitioners, and caregivers who support teens and adults with Down syndrome. MENTAL WELLNESS emphasizes that understanding and appreciating both the strengths and challenges of people with Down syndrome is the key to promoting good mental health. It shows readers how to distinguish between bona fide mental health issues and common characteristics of Down syndrome--quirks or coping strategies. For example, although talking to oneself can be a sign of psychosis, many adults with Down syndrome use self-talk as an effective problem-solving strategy. The second edition includes new chapters on sensory issues (written by Dr. Katie Frank) and regression, expanded and now separate chapters on communication, concrete thinking, and visual memory, and an extensively updated chapter on Alzheimer's disease citing abundant new research. Other chapters cover a range of conditions and assessment and treatment options: What Is Normal? Self-Esteem & Self-Image Self-Talk Grooves & Flexibility Life-Span Issues Social Skills Mood & Anxiety Disorders Obsessive-Compulsive Disorder Psychotic Disorders Eating Refusal Challenging Behavior Self-Injurious Behavior Autism Tics, Tourette Syndrome & Stereotypies While it's not inevitable that people with Down syndrome will experience mental health problems, certain biological differences and environmental stressors can create greater susceptibility. Assessment and treatment options are detailed for each condition. With this guide, caregivers will be able to foster good mental health and troubleshoot challenging mental health issues.

insight wellness and counseling: *Personal Reflections on Counseling* Gerald Corey, 2020-02-28 "Gerald Corey's *Reflections* is an absolute delight! Each chapter is packed with nuggets of wisdom he has gained over the decades. What makes the book particularly engaging is that it invites us into Corey's inner world and we feel as though we are reading a series of letters from a friend. This book could serve as an excellent supplemental reading in an introductory course or as a useful resource for advanced students as they navigate the complexities of graduate school and look ahead to their careers." —Barbara Herlihy, PhD, University of Texas at San Antonio "In this inspirational book, Gerald Corey shares his most heartfelt personal reflections and lessons learned as he describes his journey over a 60-year counseling career. He is honest, self-disclosing, humble, and insightful in this compendium that encourages readers to embrace their vision and entertain their dreams. This is a must-read gem that provides an opportunity for counseling students and young professionals to learn from the master." —Robert Haynes, PhD, Psychologist and author, Borderline Productions In an easy-to-read, question-and-answer format, Dr. Corey provides sage insight on a broad range of topics concerning professional issues, career development, the counseling process, and work-life balance. Responding to an array of questions often asked by students over the years, he uses candid personal examples to highlight key lessons and engage readers in an active process of personal and professional self-reflection on their own journeys. Topical question themes include creating your professional path, mentoring and being a mentee, surviving graduate school, benefiting from personal therapy, focusing on self-care and wellness, becoming an ethical counselor, managing value conflicts in counseling, using self-disclosure therapeutically, dealing with difficult clients, getting the most out of supervision, and becoming a writer. In each chapter, reflection questions encourage readers to consider their own views and experiences related to the questions raised, and recommended readings provide suggestions for further information. Gerald Corey, EdD, ABPP, is professor emeritus of human services and counseling at California State University, Fullerton. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

insight wellness and counseling: *When Your Teen Has an Eating Disorder* Lauren Muhlheim, 2018-09-01 If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support them. That's why you need real, proven-effective strategies you can use right away. Whether used in conjunction with treatment or on its own, this book offers an evidence-based approach you can use now to help your teen make healthy choices and stay well in body and mind. *When Your Teen Has an Eating Disorder* will empower you to help your teen using a unique, family-based treatment (FBT) approach. With this guide, you'll learn to respectfully and lovingly oversee your teen's nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and using coping strategies and recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful resource for mental health professionals, teachers, counselors, and coaches who work with parents of and teens with eating disorders. It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment. As a parent, feeding your child is a fundamental act of love—it has been from the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal.

insight wellness and counseling: *Beyond Messy Relationships* Judy K. Herman, 2019-06-04 Discover your true self and find hope beyond your messy relationships! As a mental health therapist, Judy prepares to see her next client. As a wife, she falls apart in the midst of her husband's psychosis. His inpatient psychiatrist says, "This is going to be a hard case". Judy's first marriage of 29 years ended in divorce after toxic patterns of chronic bitterness. Facing the shame of her past and mothering four children, she recognizes divine invitations toward her authentic self. After four

years into a new marriage with her beloved dance partner, Judy suddenly faces frightful realities. Can Judy's second marriage recover from damage caused by his psychosis? *Beyond Messy Relationships* is not only an intense and dramatic memoir. It's a mix of psychological wisdom and spiritual inspiration that helps readers make sense of their deep feelings. In *Beyond Messy Relationships*, readers: Discover they're not alone as they resonate with the messy relationships of a licensed professional counselor Learn a simple formula of A.I.R. to experience freedom beyond the messes Connect the dots from their past to their present Overcome shame so they can experience the freedom they long for Within *Beyond Messy Relationships*, readers find hope through the formula of breathing in fresh A.I.R.: Awareness, Intentionality, and Risks and recognize divine invitations beyond the messes. Finding your authentic self is worth the journey.

insight wellness and counseling: Clinical Supervision and Professional Development of the Substance Abuse Counselor United States. Department of Health and Human Services, 2009 Clinical supervision (CS) is emerging as the crucible in which counselors acquire knowledge and skills for the substance abuse (SA) treatment profession, providing a bridge between the classroom and the clinic. Supervision is necessary in the SA treatment field to improve client care, develop the professionalism of clinical personnel, and maintain ethical standards. Contents of this report: (1) CS and Prof'cl. Develop. of the SA Counselor: Basic info. about CS in the SA treatment field; Presents the 'how to' of CS.; (2) An Implementation Guide for Admin.; Will help admin. understand the benefits and rationale behind providing CS for their programs SA counselors. Provides tools for making the tasks assoc. with implementing a CS system easier. Illustrations.

insight wellness and counseling: What Every Mental Health Professional Needs to Know About Sex Stephanie Buehler, PsyD, CST-S, 2013-07-29 Although sexual issues frequently arise in therapeutic practice, mental health professionals are often uncomfortable and poorly equipped to address them. Written by an author who is both a psychologist and sex therapist, this practical guide provides information, tools, and exercises to increase the confidence and comfort of the mental health professional called upon to treat sexual issues during the course of therapy. The book is based on the premise that the therapist must be comfortable with his or her own sexuality in order to offer appropriate treatment. This guide discusses the characteristics of healthy sexuality-for both client and therapist-and explores the reasons that may underlie a therapist's discomfort with addressing sexual issues. Using case studies and sample dialogues, it covers a multitude of common and unusual sexual problems, couple's issues, questions that parents may have about sex, working with LGBT clients, sex for survivors of trauma, sexuality and aging, sexual pain disorders, and how to assess whether more extensive sexual therapy is needed. The guide demonstrates how therapists in different modalities can incorporate treatment of sexual problems into their practice, and covers relevant ethical issues. Included is a downloadable set of practitioner's resources that includes worksheets and client handouts that can be immediately put to use. Additionally, the book provides resources for more in-depth information and discusses collaboration with other health professionals. Key Features: Discusses how to comfortably and effectively discuss, assess, and treat clients' sexual concerns Supported by case studies and therapist/clinician dialogues Includes Step Into My Office sidebars taken from the author's own experience Provides downloadable resources including assessments, worksheets, and client handouts

insight wellness and counseling: Be An Inclusion Ally Lisa Koenecke, 2021-03-17 Be an Inclusion Ally brilliantly illuminates the path to becoming the most supportive Ally you can be both personally and professionally. This book is the quintessential fast, funny, and ready resource for educating yourself and others about the LGBTQ+ community. With wit and wisdom woven throughout, it's a goldmine for individuals who have questions but don't know whom to ask. This book celebrates YOU for being willing to learn more and create an inclusionary workplace or school. Be an Inclusion Ally: ABCs of LGBTQ is a practical guide to understanding and supporting family, friends, colleagues, or anyone in the LBGTQ+ community. What you'll find inside:ABCs of LGBTQ-a primer of information to answer your questions including What does this mean? How can I celebrate with you? or Where did this come from? Resources to support further learning about the issues,

vocabulary and events in the LGBTQ+ world. Quotations to share and ponder. Calendar of events to celebrate LGBTQ+ as an Ally. Wisdom and lots of humor.

insight wellness and counseling: *Helping Skills* Clara E. Hill, Karen M. O'Brien, 1999 This book presents a three-stage model of helping, grounded in 25 years of research, that can be used to assist individuals who are struggling with emotional or transitional difficulties. To master the skills they need to lead clients through the Exploration, Insight, and Action stages, students are given both theoretical guidance and opportunities for formulating solutions to hypothetical clinical problems. Grounded in client-centered, psychoanalytic, and cognitive-behavioral theory, this book offers an integrative approach. Tables and lists supplement the text, along with clinical examples.--From publisher's description.

insight wellness and counseling: *Surviving and Thriving in Your Counseling Program* Julius A. Austin, Jude T. Austin, II, 2019-12-30 "Drs. Julius and Jude Austin have written a most informative and engaging guide for students navigating the demands of their academic program and internships. They provide practical wisdom in each chapter and serve as mentors to their readers through their self-disclosure and the lessons they have learned. This book needs to be in the hands of every counseling student, as it offers extremely useful pointers and encouragement to survive and thrive in their program." —Marianne Schneider Corey, MA, LMFT, NCC —Gerald Corey, EdD, ABPP, NCC Professor Emeritus of Human Services and Counseling California State University, Fullerton "This is a valuable resource for students in graduate-level training in counseling or counselor education and supervision. In addition, it will be a useful update for counselor educators regarding the experiences of contemporary graduate counseling students." —Richard E. Watts, PhD, LPC-S Sam Houston State University Written for graduate students who want to get the most out of their experience, this book presents down-to-earth discussions and suggestions on counselor training and life after graduation. The authors, both millennials and recent doctoral program graduates, draw upon their own personal and professional training and career experiences, as well as shared insight from a diverse group of current graduate students, recent graduates, and new professionals. The realistic, personal, and often humorous narratives throughout the book give an insider's perspective on graduate school and illuminate the emotional journey of students and new professionals. Topics include choosing and getting into a program, handling the opportunities and challenges that each year of the program presents, gaining emotional maturity, dealing with setbacks, managing conflicts, increasing cultural awareness, getting a doctoral degree, searching for a job, finding a supervisor, and obtaining licensure. Readers will also be able to peek behind the curtains of faculty meetings to glean what faculty members expect, develop skills for their first session, and create and maintain a self-care plan for improving work-life balance. *Requests for digital versions from ACA can be found on www.wiley.com. *To purchase print copies, please visit the ACA website *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org Julius A. Austin, PhD, is a clinical therapist and coordinator for the Office of Substance Abuse and Recovery at Tulane University. Jude T. Austin II, PhD, is an assistant professor and clinical coordinator in the Professional Counseling Program at the University of Mary Hardin-Baylor.

insight wellness and counseling: *Brainspotting* David Grand, Ph.D., 2013-04-01 Brain-based therapy is the fastest-growing area in the field of psychological health because it has proven that it can immediately address issues that talk therapy can take years to heal. Now Dr. David Grand presents the next leap forward in psychological care—combining the strengths of brain-based and talk therapies into a powerful technique he calls Brainspotting. In Brainspotting, Dr. Grand reveals the key insight that allowed him to develop this revolutionary therapeutic tool: that where we look reveals critical information about what's going on in our brain. Join him to learn about: The history of Brainspotting—how it evolved from EMDR practice as a more versatile tool for brain-based therapy • Brainspotting in action—case studies and evidence for the effectiveness of the technique • An overview of the different aspects of Brainspotting and how to use them • Between sessions—how clients can use Brainspotting on their own to reinforce and accelerate healing • Why working simultaneously with the right and left brain can lead to expanded creativity and athletic performance

- How Brainspotting can be used to treat PTSD, anxiety, depression, addiction, physical pain, chronic illness, and much more Brainspotting lets the therapist and client participate together in the healing process, explains Dr. Grand. It allows us to harness the brain's natural ability for self-scanning, so we can activate, locate, and process the sources of trauma and distress in the body. With Brainspotting, this pioneering researcher introduces an invaluable tool that can support virtually any form of therapeutic practice—and greatly accelerate our ability to heal.

insight wellness and counseling: *Counselor Self-Care* Gerald Corey, Michelle Muratori, Jude T. Austin, II, Julius A. Austin, 2017-12-08 Self-care is critical for effective and ethical counseling practice and this inspirational book offers diverse, realistic perspectives on how to achieve work-life balance and personal wellness from graduate school through retirement. In addition to the authors' unique perspectives as professionals at different stages of their careers, guest contributors—ranging from graduate students, to new professionals, to seasoned counselors—share their experiences and thoughts about self-care, including what challenges them most. Both personal and conversational in tone, this book will help you to create your own practical self-care action plan through reflection on important issues, such as managing stress, establishing personal and professional boundaries, enhancing relationships, and finding meaning in life. Counselors face the obstacle of remembering to care for themselves while focusing on caring for others. In *Counselor Self-Care*, Drs. Gerald Corey, Michelle Muratori, Jude Austin, and Julius Austin lead 52 contributing authors in a book rich with living events and defining moments. Multiple stressors are described and met with multiple solutions. There is so much great content here that can be embraced by those who do the noble work of being present for others. —Tom Skovholt, PhD, LP, Professor, University of Minnesota; Author of *The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions*, 3rd Edition Self-care is often discussed in counselor training and supervision, but not in its full scope. *Counselor Self-Care* provides breadth and depth by addressing the many facets of self-care. The authors combine personal narratives and anecdotes from experienced mental health professionals with self-assessment questions and self-care improvement strategies. The level of vulnerability and insight from the authors, and those who share their stories, is informative and rare to find. Assign this book as reading for yourself, your students, and your supervisees to motivate nurturing of the self. —Philip Clarke, PhD, Associate Professor, Wake Forest University *Requests for digital versions from ACA can be found on www.wiley.com *To request print copies, please visit the ACA <https://imis.counseling.org/store/detail> *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

insight wellness and counseling: *IDM Supervision* Cal D. Stoltenberg, Brian W. McNeill, 2011-04-27 The third edition of this book is an updated and expanded presentation of the widely used Integrative Developmental Model of Supervision. In contrast to other volumes on clinical supervision, Stoltenberg and McNeill present a comprehensive, time-tested, and empirically investigated model of supervision, rather than a broad summary of other existing or historical approaches. In addition to presenting a model of therapist development that spans beginning through advanced training, the book integrates theory and research from numerous perspectives, including learning, cognition, and emotion, as well as an up-to-date treatment of research directly addressing the supervision process. The model also examines the role of clinical supervision from an evidence-based practice perspective and addresses issues of common factors in therapy. The impact of cultural issues in supervision and training, as well as recent work in a competencies approach to supervision and trainee development, are also examined.

insight wellness and counseling: *Dancing Mindfulness* Jamie Marich, PhD, LPCC-S, 2015-10-28 This lively, passionate approach to moving meditation offers a fresh way to embrace mindfulness. It weaves together personal stories, therapeutic insights, practical skills and opportunities for reflection and practice to provide a gateway to spiritual growth, a path to more balanced living, a healing experience and ignition for your creativity.

insight wellness and counseling: *Empathy Fatigue* Mark A. Stebnicki, PhD, LPC, DCMHS,

CRC, CCM, CCMC, 2008-05-19 Many mental health practitioners present symptoms that are consistent with their clients' anxiety and stress-related disorders. It comes as no surprise, then, that counselor impairment - the stress that comes from treating survivors of traumatic events - is now officially recognized by the American Counseling Associations' Task Force on Counselor Wellness. Empathy Fatigue is a term coined by the author after his own experience serving on the crisis response team for the Westside Middle School shootings in Jonesboro, Arkansas. Remarkably, symptoms of empathy fatigue are evident amongst a broad range of professionals: those who treat victims of stressful and traumatic events; those who treat persons with abuse, mood, anxiety, and stress-related disorders; as well as those who work in career and vocational settings or with people with mental and physical disabilities. This guide is also meant for all these groups. This book provides a repertoire of strategies, techniques, and insight designed to increase personal resiliency and decrease counselor burnout and fatigue: Self-assessment approaches, with an in-depth analysis of empathy fatigue and an explanation of this phenomenon from a mind, body, and spiritual perspective. Detailed case studies and suggested questions for self-assessments and self-care. A variety of self-care approaches, providing guidelines to counselors and clinicians to identify their own emotional, physical, and mental exhaustion. .

insight wellness and counseling: The Empty Chair Susan J. R.N. Zonnebelt-Smeenge, Ed.D, Robert C. De Vries, 2001-09-01 Losing a loved one--whether a spouse, parent, child, sibling, or friend--leaves people feeling overwhelmed and hopeless. Holidays and other special occasions seem to intensify the pain. Whether the occasion is Christmas or Easter, a birthday or anniversary, these celebrations force the bereaved to again face the reality of a loved one's absence. Susan Zonnebelt-Smeenge and Robert C. De Vries know firsthand the sorrow of bereavement: Both lost a spouse. Yet as they faced their pain and gleaned insights from their professions--Susan is a psychologist, Robert, a minister--they found renewed richness on special days that once brought heartache. In *The Empty Chair*, the authors share a comforting blend of emotional support, spiritual guidance, and personal experience to help readers honor their loved one on important days. Those who support the bereaved--mental-health professionals, pastors, funeral home staff, and others--will also appreciate this book for its reflective yet practical approach.

insight wellness and counseling: It Takes a Family Rick Santorum, 2014-04-08 Rick Santorum made his name in the 2012 presidential race with his principled conservatism. To understand Santorum's worldview and vision for America, there is no better source than his New York Times bestselling book, *It Takes a Family*. *It Takes a Family* is one of the most profound and comprehensive books of political thought ever written by a politician. Santorum offers a penetrating look at the social, political, and economic shifts that have hurt American families—and a principled, genuinely conservative plan for reversing this slide. Here Santorum explains his core beliefs, laying out a humane vision that he believes must inform public policy if it is to be effective and just. Politicians of both parties, he shows, fail to address the way Americans truly live their lives: in families, neighborhoods, churches, and communities. *It Takes a Family* is animated by an appreciation for the civic bonds that unite a community—an appreciation that lies at the heart of genuine conservatism.

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think, feel, and behave with money to end self-limitation and self-sabotage and welcome far greater success • Embrace your worth and set healthy boundaries in your financial relationships with others at home and at work • Create a personal and professional vision for holistic success that includes work-life balance and tending to your dreams • Use simple tools from cognitive behavioral therapy, mindfulness, and narrative therapy to change your life personally, professionally, and financially For anyone looking to step into a life of wealth and well-being, this is a welcome guide. "In this wonderful new book, successful therapist Joyce Marter gently takes you by the hand and walks you down the path toward better mental health and abundant financial life. Her twelve unique mindsets will revolutionize your relationship with money and significantly improve the way you view yourself." —Stephen M. R. Covey, author of New York Times and #1 Wall Street Journal bestseller *The Speed of Trust*

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insight wellness and counseling: Play Therapy Techniques Charles E. Schaefer, Donna M. Cangelosi, 2002 The second edition of *Play Therapy Techniques* includes seven new chapters in addition to the original twenty-four. These lively chapters expand the comprehensive scope of the book by describing issues involved in beginning and ending therapy, using metaphors, playing music and ball, and applying the renowned Color Your Life technique. The extensive selection of play techniques described in this book will add to the clinical repertoire of students and practitioners of child therapy and counseling. When used in combination with formal education and clinical supervision, *Play Therapy Techniques, Second Edition*, can be especially useful for developing treatment plans to address the specific needs of various clinical populations. Students and practitioners of child therapy and counseling, including psychologists, psychiatrists, social workers,

nurses, and child life specialists will find this second of Play Therapy Techniques informative and clinically useful.

insight wellness and counseling: The Zen of Therapy Mark Epstein, M.D., 2022-01-11 “A warm, profound and cleareyed memoir. . . this wise and sympathetic book’s lingering effect is as a reminder that a deeper and more companionable way of life lurks behind our self-serious stories.—Oliver Burkeman, New York Times Book Review A remarkable exploration of the therapeutic relationship, Dr. Mark Epstein reflects on one year’s worth of therapy sessions with his patients to observe how his training in Western psychotherapy and his equally long investigation into Buddhism, in tandem, led to greater awareness—for his patients, and for himself For years, Dr. Mark Epstein kept his beliefs as a Buddhist separate from his work as a psychiatrist. Content to use his training in mindfulness as a private resource, he trusted that the Buddhist influence could, and should, remain invisible. But as he became more forthcoming with his patients about his personal spiritual leanings, he was surprised to learn how many were eager to learn more. The divisions between the psychological, emotional, and the spiritual, he soon realized, were not as distinct as one might think. In *The Zen of Therapy*, Dr. Epstein reflects on a year’s worth of selected sessions with his patients and observes how, in the incidental details of a given hour, his Buddhist background influences the way he works. Meditation and psychotherapy each encourage a willingness to face life’s difficulties with courage that can be hard to otherwise muster, and in this cross-section of life in his office, he emphasizes how therapy, an element of Western medicine, can in fact be considered a two-person meditation. Mindfulness, too, much like a good therapist, can “hold” our awareness for us—and allow us to come to our senses and find inner peace. Throughout this deeply personal inquiry, one which weaves together the wisdom of two worlds, Dr. Epstein illuminates the therapy relationship as spiritual friendship, and reveals how a therapist can help patients cultivate the sense that there is something magical, something wonderful, and something to trust running through our lives, no matter how fraught they have been or might become. For when we realize how readily we have misinterpreted our selves, when we stop clinging to our falsely conceived constructs, when we touch the ground of being, we come home.

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self-understanding exercises, and further learning allows the reader to engage in the text in a meaningful manner... More specifically, the case-study is not merely presented, but revisited at the end of the chapters allowing the reader to ponder the example while learning new information, and ultimately gain a potentially new perspective as she or he learns the outcome. --Guerda Nicolas, Boston College

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insight wellness and counseling: Clinical Mental Health Counseling in Community and Agency Settings Samuel T. Gladding, Debbie W. Newsome, 2017-02-28 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. A strong foundation for building counseling skills that addresses the latest CACREP standards. Rapid changes in our world compel changes in the way mental health counselors must practice. Focusing on approaches that promote prevention, early intervention, wellness, and advocacy, Clinical Mental Health Counseling in Community and Agency Settings gives today's counseling students a user-friendly yet scholarly approach to all aspects of their future profession. The Council for the Accreditation of Counseling and Related Educational Programs (CACREP) now recognizes only Clinical Mental Health Counseling (CMHC) programs that have met the accreditation standards; therefore, the authors now focus exclusively on clinical mental health counseling to give students a strong base in this specialty area. Gladding and Newsome examine the history and professional foundations of counseling, legal and ethical issues, counseling with diverse populations, multiple roles and functions of clinical mental health counselors, and the many settings in which clinical mental health counselors practice. Information presented in the chapters is supplemented with narratives supplied by mental health professionals employed across counseling settings, who share their views of the rewards and challenges associated with the services they provide. In addition, case studies in each chapter provide opportunities for students to grapple with challenging issues faced by clinical mental health counselors.

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Kleiman, Amy Wenzel, 2020-11-09 This accessible guide addresses the nature of the intrusive and unwanted thoughts that can be common in new parenthood, and offers practical answers and advice on how to tackle these. With fresh material focusing on how to overcome barriers to disclosure and stigma, and updated treatment approaches and case descriptions, this revised edition explains exactly what these negative thoughts are, why they come about, and what can be done about them. Chapters offer information on the specific nature of perinatal anxiety and related disorders, along with take-home points and evidence-based strategies for symptom relief that clinicians can use effectively with new parents. Written by two leading clinicians in the perinatal community, in collaboration with two promising leaders in this specialized field, *Dropping the Baby and Other Scary Thoughts*, 2nd edition offers a compassionate approach to breaking the cycle of scary thoughts that is invaluable to new parents and clinicians alike.

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