

roots counseling and wellness

Roots Counseling and Wellness: Nurturing Your Mind, Body, and Spirit

Are you feeling overwhelmed, lost, or disconnected? Do you yearn for a deeper sense of self and a more fulfilling life? At Roots Counseling and Wellness, we believe that true well-being stems from nurturing the roots of your being – your mind, body, and spirit. This comprehensive guide will explore what we offer at Roots Counseling and Wellness, detailing our approach, services, and the transformative journey we help you embark on. We'll delve into why holistic wellness is so important and how our unique approach can help you flourish.

Understanding the Roots of Well-being: A Holistic Approach

At Roots Counseling and Wellness, we move beyond a purely symptom-based approach. We understand that mental, emotional, and physical health are intricately interconnected. Ignoring one aspect often impacts the others, creating a ripple effect that can significantly affect your overall quality of life. Our holistic approach addresses the root causes of your challenges, not just the surface-level symptoms. This means considering your:

Mental Health: Addressing anxieties, depression, trauma, relationship issues, and other mental health concerns through evidence-based therapies.

Physical Health: Recognizing the connection between physical well-being and mental health. We encourage healthy lifestyle choices and may collaborate with your physician to ensure comprehensive care.

Spiritual Health: Exploring your values, beliefs, and purpose in life. This can involve mindfulness practices, connecting with nature, or engaging in activities that bring you joy and meaning.

Our Comprehensive Services at Roots Counseling and Wellness

We offer a wide range of services designed to meet the unique needs of each individual. Our services include:

Individual Therapy: Personalized sessions tailored to your specific needs and goals, utilizing various therapeutic approaches such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT). We create a safe and supportive environment where you can explore your challenges and develop coping mechanisms.

Couples Counseling: Strengthening relationships through effective communication and conflict resolution strategies. We help couples navigate challenges and rebuild intimacy and connection.

Family Therapy: Improving family dynamics and fostering healthier communication patterns. We work with families to address conflicts, improve understanding, and create a more supportive

environment.

Group Therapy: Connecting with others who share similar experiences, offering peer support and a sense of community. Group therapy provides a safe space to learn from others and develop valuable coping skills.

Mindfulness and Meditation Workshops: Learning techniques to manage stress, improve focus, and cultivate inner peace. These workshops provide practical tools to integrate mindfulness into your daily life.

Yoga and Movement Therapy: Combining physical movement with mindful awareness to improve physical and mental well-being. We offer gentle yoga classes designed to promote relaxation and stress reduction.

The Roots Counseling and Wellness Difference: Personalized Care and Compassion

What sets Roots Counseling and Wellness apart is our commitment to personalized care and compassionate support. We believe in creating a safe and non-judgmental space where you can feel comfortable being yourself and exploring your deepest concerns. We strive to foster a genuine therapeutic alliance built on trust and mutual respect. Our therapists are highly trained professionals with diverse backgrounds and expertise, ensuring you receive the most appropriate and effective care.

We also prioritize accessibility and affordability, offering a range of payment options to accommodate different budgets. We believe that everyone deserves access to high-quality mental health care, regardless of their financial situation.

Finding Your Path to Wellness: The Roots Counseling and Wellness Journey

The journey to well-being is unique to each individual. At Roots Counseling and Wellness, we work collaboratively with you to develop a personalized treatment plan that aligns with your goals and values. We'll work together to identify obstacles, develop strategies for overcoming challenges, and cultivate a deeper understanding of yourself and your needs. This is a journey of self-discovery, growth, and transformation, and we're honored to be a part of it. We believe in your inherent resilience and capacity for healing, and we're here to support you every step of the way.

Conclusion

At Roots Counseling and Wellness, we're dedicated to helping you cultivate a life filled with purpose, joy, and inner peace. Our holistic approach, combined with personalized care and compassionate support, provides a solid foundation for your journey towards well-being. We encourage you to take the first step towards a healthier, happier you by contacting us today.

Frequently Asked Questions (FAQs)

Q1: What types of insurance do you accept?

A1: We accept a wide range of insurance plans. Please contact our office directly to verify your coverage.

Q2: What are your hours of operation?

A2: Our office hours are [Insert Hours Here], with flexible scheduling available to accommodate your needs.

Q3: Do you offer online therapy sessions?

A3: Yes, we offer convenient and secure online therapy sessions via telehealth platforms.

Q4: What is the cost of a session?

A4: The cost of a session varies depending on the type of therapy and your insurance coverage. Please contact us for a detailed pricing structure.

Q5: What if I'm not sure what type of therapy I need?

A5: We offer a free 15-minute consultation to discuss your needs and determine the most appropriate therapeutic approach. This allows us to collaboratively choose the path best suited for you.

roots counseling and wellness: Counseling for Wellness and Prevention Robert K. Conyne, 2015-05-01 Counseling for Wellness and Prevention brings Preventative Counseling, one of prevention's founding texts, firmly into the twenty-first century. Counseling for Wellness and Prevention thoroughly updates and significantly expands on discussions of practical applications and emerging best practices. Counselors and counseling psychologists will find evidence-based, contemporary guidance to help them engage in needed efforts to help clients and the general population to enhance their overall wellness and ward off future dysfunction. Author Robert Conyne demonstrates the ways in which the traditional model of one-to-one therapy can be expanded to embrace wellness and prevention as well as strategies for putting into practice a broad range of environmental and system change strategies, such as advocacy and community organization. The book is well-suited for adoption in counselor-education courses and includes explicit connections to CACREP accreditation standards. It's also an excellent choice for programs in psychology, where the APA-approved prevention guidelines for psychologists are now available, and in social work, where prevention and community change have long been hallmarks.

roots counseling and wellness: Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong, 2014-03-31 An accompanying parent's guide filled with effective techniques to help challenging children with traumatic pasts. Designed as a manual to complement the clinician's guide, Integrative Team Treatment for Attachment Trauma in Children: Family Therapy and EMDR, this book is written for birth, foster, or adoptive parents, aunts and uncles, grandparents, or anyone who may be raising a child who has experienced attachment loss and trauma. Their severe behaviors can often leave

caregivers feeling confused, frightened, hurt, and overwhelmed, as they struggle to make sense of a massive amount of information—and misinformation—that exists on attachment issues. This book provides understanding, validation, and solutions for these caregivers. In it, the authors explain their innovative model of “team” treatment that includes an EMDR therapist and a family therapist. Best used in conjunction with therapeutic help, it walks readers through an array of parenting strategies that will lead them to a deeper understanding of their traumatized child, and better enable them to calm their behavior and improve their attachment security so they can heal.

roots counseling and wellness: *Counseling for Wellness* Jane E. Myers, Thomas J. Sweeney, 2005 Destined to become a classic in the field, *Counseling for Wellness* presents a research-based model for improving physical and mental health and well-being. Twenty-eight experts provide life-enhancing counseling applications for diverse client groups, which can be used in schools, mental health agencies, counselor education programs, and business and industry. Wellness measurement, formal and informal assessment techniques, and future directions for research are discussed in detail.--Amazon.com.

roots counseling and wellness: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

roots counseling and wellness: Yes, Your Teen is Crazy! Michael J. Bradley, 2002 Psychologist Bradley answers questions on puzzling teen behavior and why changes and growth in the brain affect actions of teenagers. He helps parents understand how to deal with these problems before they get out of hand.

roots counseling and wellness: 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.

roots counseling and wellness: Careers in Mental Health Kim Metz, 2016-01-08 Accessible and unbiased, *Careers in Mental Health* introduces upper-level high school students and beginning undergraduates to the different aspects of various mental health professions. Contains essential career advice for anyone considering an advanced degree in one of the “helping” professions within mental health. Covers clinical psychology, counseling psychology, social work, counseling, marriage and family therapy, substance abuse counseling, and school psychology. Clarifies the distinctions between professions by discussing the history and philosophy of each field, requirements for advanced education, licensing, available jobs, salary potential, and more. Includes a section with practical information applicable to all the professions, such as characteristics for success, ethical issues, the importance of critical thinking, applying to graduate school, and current issues affecting the field of mental health.

roots counseling and wellness: Clinical Mental Health Counseling Lisa López Levers, PhD, LPCC-S, LPC, CRC, NCC, Debra Hyatt-Burkhart, PhD, LPC, NCC, ACS, 2019-09-09 This introductory textbook, written specifically for graduate students in clinical mental health counseling programs, is distinguished by a unique integrated system-of-care approach, reflecting current trends in mental health treatment. Designed to address the 2016 CACREP standards, the book delivers an in-depth examination of the professional knowledge, skills, and current issues in professional counseling that are essential to clinical practice. The textbook emphasizes the elements of practice, while providing students with ample case studies that enable them to integrate theoretical concepts with real-world examples. By distilling a wealth of knowledge from experts in the field, the textbook looks at the history and contemporary issues of mental health counseling through the lens of a bioecological approach. Engaging chapters focus on issues critical to mental health counseling, including strength-based approaches, varied clinical practice settings, professional issues, self-care, and more. Additionally, the text presents dilemmas and pitfalls intrinsic to mental health practice. Learning objectives, case illustrations, and abundant resources in each chapter reinforce the practical, real-world information upon which students can build throughout their education. A robust Instructor’s Manual and key PowerPoint slides also are provided. Purchase includes access to the e-book for use on most mobile devices or computers. Key Features: Offers unique, integrated system-of-care and community-based approaches integral to current trends. Provides emphases on strength-based and ecological perspectives of CMHC practice. Includes real-life examples and insights that facilitate the integration of theory and practice. Describes dilemmas and pitfalls intrinsic to a variety of mental health practice topics. Includes tips from the field and real-world case illustrations to enhance clinical application. Includes learning objectives in each chapter. Reflects 2016 and 2009 CACREP standards that are highlighted in each chapter.

roots counseling and wellness: F*ck Feelings Michael Bennett, MD, Michael Bennett, Sarah Bennett, 2015-09 The only self-help book you'll ever need, from a psychiatrist who will help you put aside your unrealistic wishes, stop trying to change things you can't change, and do the best with what you can control--the first steps to solving all of life's impossible problems--

roots counseling and wellness: Clinical Mental Health Counseling J. Scott Young, Craig S. Cashwell, 2016-07-27 Referencing the 2016 CACREP standards, *Clinical Mental Health Counseling: Elements of Effective Practice* by editors J. Scott Young and Craig S. Cashwell combines solid foundational information with practical application for a realistic introduction to work in community mental health settings. Top experts in the field cover emerging models for clinical interventions as they explore cutting-edge approaches to CMH counseling. With case studies integrated throughout, students will be well prepared to move into practicum and internship courses as well as field-based settings.

roots counseling and wellness: Becoming an Ethical Helping Professional Rita Sommers-Flanagan, John Sommers-Flanagan, 2015-05-19 An engaging way to cover ethical choices in counseling settings. This guide will take readers on a wide-ranging tour of ethics—covering both the theoretical and practical aspects of providing sound, ethical care. In addition to invaluable

information, this book provides access to chapter objectives, candid case studies, stories from both students and counselors, questions for reflection, and student discussion activities. Coverage goes beyond a laundry-list approach to rules of conduct, and plumbs the philosophical roots embedded in today's professional codes. Engaging case studies explore how ethical rules and principles apply in various real-world settings and specialties. After covering ethical philosophies, codes, and standards, *Becoming an Ethical Helping Professional* further discusses: The helping relationship from beginning to end Confidentiality and trust Boundaries, roles, and limits Assessment: peering through the right lens Research, efficacy, and competence John & Rita Sommers-Flanagan have written an exceptional resource that considers both the process and the content of making ethical choices as a counselor or psychotherapist.

roots counseling and wellness: *Adult Conversation* Brandy Ferner, 2020-05-05 April is a thoughtful yet sarcastic mother of two who tries her best to be a caring, connected mom in a middle-class culture where motherhood has become relentless. April rages at modern motherhood's impossible pressures, her husband's "Dad privilege," and her kids' incessant snack requests. She wants to enjoy motherhood, but her idealist vision and lived experience are in constant conflict with one another. Is she broken—or is motherhood? Desperate for an answer, she seeks out a therapist, and lands with an unexpected woman whose validation and wisdom gives April the clarity to reclaim herself and even start designing clothes—her pre-motherhood passion. But when the ever-elusive babysitter cancels last-minute, April finds herself back at square one. She seeks guidance, but her therapist is now dealing with her own crumbling marriage—and instead of counseling April, she convinces her to speed off to Las Vegas with her to help catch her husband cheating. With a little weed, alcohol, and topless pool hopping, plus a male stripper and some much-needed autonomy, the two find lost pieces of themselves that motherhood swallowed up. But neither one is prepared for how tested—and tempted—they will be, or for the life-altering choices their journey will force them to make. Who is guiding whom anymore?

roots counseling and wellness: *Professional Counseling Excellence Through Leadership and Advocacy* Catherine Chang, 2012 First Published in 2012. Routledge is an imprint of Taylor & Francis, an informa company.

roots counseling and wellness: *The Oxford Handbook of Group Counseling* Robert K. Conyne, 2010 The Oxford Handbook of Group Counseling contains the most current and comprehensive information about group counseling, edited and authored by esteemed scholars and leaders in the field. Contents cover group counseling's context, key change processes, research, leadership, applications, and future directions. This source will become a classic reference and training tool.

roots counseling and wellness: *The Mental Hygiene Movement* Clifford Whittingham Beers, 1917

roots counseling and wellness: *Strong As a Mother* Kate Rope, 2018-05-01 Expert, practical advice for complete mental and physical maternal health Kate Rope's *Strong as a Mother* is a practical and compassionate guide to preparing for a smooth start to motherhood. Everyone knows the secret to having "the Happiest Baby on the Block." This is your guide to being the Sanest Mommy on the Block. It will prepare you with humor and grace for what lies ahead, give you the tools you need to take care of yourself, permission to struggle at times, and professional advice on how to move through it when you do. This book will become a dog-eared resource on your nightstand, offering you the same care and support that you are working so hard to provide to your child. It will help you prioritize your emotional health, set boundaries and ask for help, make choices about feeding and childcare that feel good to you, get good sleep, create a strong relationship with your partner, make self care an everyday priority, trust your instincts, and actually enjoy the hardest job you will ever love. This book is here to take care of you.

roots counseling and wellness: *Professional Counseling Excellence through Leadership and Advocacy* Catherine Y. Chang, Casey A. Barrio Minton, 2021-11-17 Professional Counseling Excellence through Leadership and Advocacy provides readers with the knowledge, skills, and qualities to succeed as leaders and advocates throughout their careers. Edited by leaders in

counselor education and endorsed by Chi Sigma Iota, this text places leadership and advocacy in a historical context while strengthening the foundational knowledge and skills counselors need. The new edition integrates the Multicultural and Social Justice Counseling Competencies (MSJCCs) and applies them to a variety of counseling settings at both local and state levels. Chapters also address leadership and design of effective counselor education programs, curricular implications, supervision and consultation, and research directions. The new edition is designed for counselor educators and supervisors and doctoral-level counselor education students who are studying leadership and advocacy as one of five core areas within the 2016 CACREP standards and for master's level students and practitioners who are growing their leadership and advocacy skills.

roots counseling and wellness: *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

roots counseling and wellness: *Becoming an Ethical Helping Professional, with Video Resource Center* Rita Sommers-Flanagan, John Sommers-Flanagan, 2015-06-22 An engaging way to cover ethical choices in counseling settings This guide will take readers on a wide-ranging tour of ethics—covering both the theoretical and practical aspects of providing sound, ethical care. In addition to invaluable information, this book provides access to chapter objectives, candid case

studies, stories from both students and counselors, questions for reflection, and student discussion activities. Coverage goes beyond a laundry-list approach to rules of conduct, and plumbs the philosophical roots embedded in today's professional codes. Engaging case studies explore how ethical rules and principles apply in various real-world settings and specialties. After covering ethical philosophies, codes, and standards, *Becoming an Ethical Helping Professional* further discusses: The helping relationship from beginning to end Confidentiality and trust Boundaries, roles, and limits Assessment: peering through the right lens Research, efficacy, and competence John & Rita Sommers-Flanagan have written an exceptional resource that considers both the process and the content of making ethical choices as a counselor or psychotherapist.

roots counseling and wellness: The Handbook of Counseling Don C. Locke, Jane Myers, Edwin L. Herr, 2001-03-02 A landmark publication, *The Handbook of Counseling* surveys and defines the field of counselling - how it has developed, the current state of the discipline and profession, and where this dynamic field is going. The editors and contributors are leaders in the field, and book is sponsored by Chi Sigma Iota, the US national counselling honour society and a division of the American Counseling Association. Comprehensive in scope, the volume covers: the counselling profession, including its emergence and current status; the major approaches to counselling; settings, including community, school, and family; the different interventions including individual, work, career, and multicultural counselling; education and supervision; research strategies; critical and cutting-edge issues such as responses to social and professional diversity, computer applications, and the state of independent counselling practice

roots counseling and wellness: 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'l. 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 program¿s SA counselors. Provides tools for making the tasks assoc. with implementing a CS system easier. Illustrations.

roots counseling and wellness: Depression in Girls and Women Across the Lifespan Laura H. Choate, 2019-11-26 *Depression in Girls and Women Across the Lifespan* takes a broad biopsychosocial approach to understanding the onset and experience of depression in women. The book is structured around four major life transitions: depression during puberty and the transition to adolescence; Premenstrual Dysphoric Disorder and a woman's transition through monthly cycles of depression; depression during pregnancy, postpartum, and the transition to motherhood; and depression during perimenopause and the transition to menopause. Integrating cutting-edge research with a wealth of case examples and specific evidence-based interventions, the book expands our understanding of depression by taking into account the biological realities, psychological vulnerabilities, life stressors, and gendered cultural messages and expectations that intersect to shape the onset of depression in women's lives. Written in a clear, applicable style, *Depression in Girls and Women Across the Lifespan* enables mental health professionals to provide effective, gender-informed, depression-focused treatments that are tailored to girls' and women's unique needs.

roots counseling and wellness: Career Development and Counseling Mei Tang, 2018-08-29 *Career Development and Counseling: Theory and Practice in a Multicultural World* provides a comprehensive overview of career development theories with a unique multicultural framework. Aligned with the latest standards set forth by the Council for Accreditation of Counseling and Related Educational Programs (CACREP), the text focuses on applications across a variety of settings and populations. Each chapter contains numerous case illustrations and learning activities designed to help readers understand the complexities of multicultural aspects of individual career

development. Counseling students in training, in addition to working counseling professionals, will find this book as a useful resource for today's diverse world. Career Development and Counseling is part of SAGE's Counseling and Professional Identity Series.

roots counseling and wellness: Yoga and Eating Disorders Carolyn Costin, Joe Kelly, 2016-04-14 Features contributions from more than 15 experts in eating disorders treatment, yoga practice, and research Edited by well-known eating disorder specialist and treatment pioneer, Carolyn Costin, and family expert Joe Kelly—both successful authors and speakers Written in accessible, compelling language that will make it a useful resource to practitioners as well as general readers

roots counseling and wellness: Socratic Questioning for Therapists and Counselors Scott H. Waltman, R. Trent Codd, III, Lynn M. McFarr, 2020-09-08 This book presents a framework for the use of Socratic strategies in psychotherapy and counseling. The framework has been fine-tuned in multiple large-scale cognitive behavior therapy (CBT) training initiatives and is presented and demonstrated with applied case examples. The text is rich with case examples, tips, tricks, strategies, and methods for dealing with the most entrenched of beliefs. The authors draw from diverse therapies and theoretical orientation to present a framework that is flexible and broadly applicable. The book also contains extensive guidance on troubleshooting the Socratic process. Readers will learn how to apply this framework to specialty populations such as patients with borderline personality disorder who are receiving dialectical behavior therapy. Additional chapters contain explicit guidance on how to layer intervention to bring about change in core belief and schema. This book is a must read for therapists in training, early career professionals, supervisors, trainers, and any clinician looking to refine and enhance their ability to use Socratic strategies to bring about lasting change.

roots counseling and wellness: The Therapist as a Person Barbara Gerson, 2013-06-17 In this collection of powerfully illuminating and often poignant essays, contributors candidly discuss the impact of central life crises and identity concerns on their work as therapists. With chapters focusing on identity concerns associated with the body-self (body size, ethnicity, sexual orientation, and age), urgent life crises, and defining life circumstances, *The Therapist as a Person* exemplifies the myriad ways in which the therapist's subjectivity shapes his or her interaction with patients. Included in the collection are life events rarely if ever dealt with in the literature: the death of family members, late pregnancy loss, divorce, the failure of the therapist's own therapy, infertility and childlessness, the decision to adopt a child, and the parenting of a profoundly deaf child.

roots counseling and wellness: Stepped Care 2.0: A Paradigm Shift in Mental Health Peter Cornish, 2020-06-13 This book is a primer on Stepped Care 2.0. It is the first book in a series of three. This primer addresses the increased demand for mental health care by supporting stakeholders (help-seekers, providers, and policy-makers) to collaborate in enhancing care outcomes through work that is both more meaningful and sustainable. Our current mental health system is organized to offer highly intensive psychiatric and psychological care. While undoubtedly effective, demand far exceeds the supply for such specialized programming. Many people seeking to improve their mental health do not need psychiatric medication or sophisticated psychotherapy. A typical help seeker needs basic support. For knee pain, a nurse or physician might first recommend icing and resting the knee, working to achieve a healthy weight, and introducing low impact exercise before considering specialist care. Unfortunately, there is no parallel continuum of care for mental health and wellness. As a result, a person seeking the most basic support must line up and wait for the specialist along with those who may have very severe and/or complex needs. Why are there no lower intensity options? One reason is fear and stigma. A thorough assessment by a specialist is considered best practice. After all, what if we miss signs of suicide or potential harm to others? A reasonable question on the surface; however, the premise is flawed. First, the risk of suicide, or threat to others, for those already seeking care, is low. Second, our technical capacity to predict on these threats is virtually nil. Finally, assessment in our current culture of fear tends to focus more on the identification of deficits (as opposed to functional capacities), leading to over-prescription of

expensive remedies and lost opportunities for autonomy and self-management. Despite little evidence linking assessment to treatment outcomes, and no evidence supporting our capacity to detect risk for harm, we persist with lengthy intake assessments and automatic specialist referrals that delay care. Before providers and policy makers can feel comfortable letting go of risk assessment, however, they need to understand the forces underlying the risk paradigm that dominates our society and restricts creative solutions for supporting those in need.

roots counseling and wellness: Body Whisper: Benefits Rehana Spa Ajman, 2024-09-28

Body Whisper: Benefits focuses on the positive effects of massage therapy, a practice that uses touch to promote healing and well-being. The term body whisper refers to the gentle and intuitive way massage therapists respond to the needs of the body, providing a therapeutic experience that helps improve both physical and emotional health.

roots counseling and wellness: The Professional Practice of Rehabilitation Counseling Dennis R. Maki, PhD, CRC, NCC, 2011-07-28 Based on the Handbook of Rehabilitation Counseling (Rigger/Maki 2004), this new volume has been completely revised and updated to accommodate the overarching changes that have recently occurred in the field. It reflects the new, accepted definition of rehabilitation counseling as a specialization within the field of counseling and demonstrates how the knowledge, skills and attitudes of rehabilitation counseling complement those of mental health counseling. The volume now includes an increased emphasis on education in general counseling, and mental health and substance abuse counseling; empirically supported practice; and a focus on the globalization of professional practice in rehabilitation counseling. It has been organized within a new conceptual framework for ease of use, and is based on the authors' ecological model that is a core framework for the book and the field itself. Key Features: Places rehabilitation counseling firmly within the profession of counseling Imparts the essence of the transformative rehabilitation practice Compatible with both CORE and CACREP standards for basic professional identity content Authored by nationally recognized experts in specialized topics who are acknowledge leaders in their field Designed for the practical use of students and instructors of introductory courses, as well as practicing professionals New to This Edition: Learning objectives for each chapter Content review and discussion questions for each chapter to enhance active learning PowerPoint presentations for instructors' use Model syllabus for an introduction to rehabilitation counseling course for instructors Exhaustive in scope, The Professional Practice of Rehabilitation Counseling will provide the expertise necessary for new graduates and practicing professionals who need to gain licensure and employment opportunities.

roots counseling and wellness: The Role of Telehealth in an Evolving Health Care

Environment Institute of Medicine, Board on Health Care Services, 2012-12-20 In 1996, the Institute of Medicine (IOM) released its report Telemedicine: A Guide to Assessing Telecommunications for Health Care. In that report, the IOM Committee on Evaluating Clinical Applications of Telemedicine found telemedicine is similar in most respects to other technologies for which better evidence of effectiveness is also being demanded. Telemedicine, however, has some special characteristics-shared with information technologies generally-that warrant particular notice from evaluators and decision makers. Since that time, attention to telehealth has continued to grow in both the public and private sectors. Peer-reviewed journals and professional societies are devoted to telehealth, the federal government provides grant funding to promote the use of telehealth, and the private technology industry continues to develop new applications for telehealth. However, barriers remain to the use of telehealth modalities, including issues related to reimbursement, licensure, workforce, and costs. Also, some areas of telehealth have developed a stronger evidence base than others. The Health Resources and Service Administration (HRSA) sponsored the IOM in holding a workshop in Washington, DC, on August 8-9 2012, to examine how the use of telehealth technology can fit into the U.S. health care system. HRSA asked the IOM to focus on the potential for telehealth to serve geographically isolated individuals and extend the reach of scarce resources while also emphasizing the quality and value in the delivery of health care services. This workshop summary discusses the evolution of telehealth since 1996, including the increasing role of the

private sector, policies that have promoted or delayed the use of telehealth, and consumer acceptance of telehealth. The Role of Telehealth in an Evolving Health Care Environment: Workshop Summary discusses the current evidence base for telehealth, including available data and gaps in data; discuss how technological developments, including mobile telehealth, electronic intensive care units, remote monitoring, social networking, and wearable devices, in conjunction with the push for electronic health records, is changing the delivery of health care in rural and urban environments. This report also summarizes actions that the U.S. Department of Health and Human Services (HHS) can undertake to further the use of telehealth to improve health care outcomes while controlling costs in the current health care environment.

roots counseling and wellness: *Mental Health, United States*, 2002

roots counseling and wellness: Ending Discrimination Against People with Mental and Substance Use Disorders National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Science of Changing Behavioral Health Social Norms, 2016-09-03 Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

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Programs (CACREP) standards and includes chapters on each of the CACREP specializations. Topics rarely treated in other introductory texts are addressed, such as research and writing in counseling, technology and counseling, and self-care and growth. This edition includes new pedagogical features such as sidebars and more case studies to expand on key topics, as well as new chapters on: Cross-Cultural Counseling Self-Care and Self-Growth Individual Counseling Diagnosis and Treatment Planning Addictions Counseling Student Affairs and College Counseling A collection of supplemental resources are available online to benefit both instructors and students. Instructors will find PowerPoint slides and test banks to aid in conducting their courses, and students can access chapter summaries, exercises, and other tools to supplement their review of the material in the text. These materials can be accessed at <http://www.routledgejournalofcounseling.com/cw/Capuzzi>

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