

# **cedar counseling and wellness**

## **Cedar Counseling and Wellness: Your Path to a Healthier, Happier You**

Are you feeling overwhelmed, stressed, or just plain stuck? Life can throw curveballs, leaving us feeling lost and unsure of how to navigate the challenges. At Cedar Counseling and Wellness, we understand. This comprehensive guide will explore what we offer at Cedar Counseling and Wellness, providing you with a clear picture of how we can help you achieve a more fulfilling and balanced life. We'll delve into the services we provide, the experienced therapists on our team, and the unique approach we take to support your journey towards well-being. Ready to embark on a path toward healing and growth? Let's begin.

## **Understanding Your Needs: A Holistic Approach at Cedar Counseling and Wellness**

Cedar Counseling and Wellness isn't just another therapy practice; it's a sanctuary designed to nurture your mind, body, and spirit. We believe in a holistic approach, recognizing that your mental health is intricately connected to your physical and emotional well-being. This means we don't just treat symptoms; we work with you to identify the root causes of your challenges and develop personalized strategies for lasting change. Whether you're struggling with anxiety, depression, relationship issues, trauma, or life transitions, our compassionate and highly skilled therapists are here to guide you.

## **Our Comprehensive Range of Services: Finding the Right Fit for You**

At Cedar Counseling and Wellness, we offer a diverse range of services tailored to meet your individual needs. Our services include but aren't limited to:

**Individual Therapy:** Personalized sessions designed to address your specific concerns and goals. We utilize evidence-based therapeutic approaches, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and other modalities, adapting our approach to best suit your needs.

**Couples Counseling:** Navigating relationship challenges can be difficult. Our therapists provide a safe and supportive space for couples to communicate effectively, resolve conflicts, and strengthen their bond.

**Family Therapy:** We understand that family dynamics play a crucial role in individual well-being. Family therapy provides a framework for improving communication, resolving conflicts, and fostering healthier relationships within the family unit.

**Group Therapy:** Participating in group therapy can be incredibly beneficial, offering a sense of

community and the opportunity to learn from others' experiences. We offer various group therapy options focusing on specific issues and populations.

**Trauma-Informed Therapy:** If you've experienced trauma, we offer specialized therapy that prioritizes safety, empowerment, and healing. We understand the impact of trauma and work with you at your own pace.

**Mindfulness and Meditation Workshops:** These workshops provide tools and techniques to manage stress, cultivate self-awareness, and improve overall well-being.

## **Meet Our Experienced and Compassionate Team**

Our team of licensed therapists at Cedar Counseling and Wellness are dedicated professionals with years of experience and expertise in various areas of mental health. We prioritize creating a safe, non-judgmental environment where you feel comfortable being yourself and exploring your challenges without fear of criticism. Each therapist brings their unique skills and perspectives, ensuring that we can provide the best possible care tailored to your specific needs. You can find detailed biographies of our therapists on our website, allowing you to choose the therapist whose approach and experience best aligns with your needs.

## **A Unique Approach: More Than Just Therapy**

While therapy is a cornerstone of our services, we believe in offering a more holistic experience at Cedar Counseling and Wellness. We integrate various approaches to support your journey, including:

**Emphasis on Self-Compassion:** We encourage self-compassion, recognizing that self-criticism can hinder progress. We help you cultivate kindness and understanding towards yourself.

**Mind-Body Connection:** We acknowledge the interconnectedness of mind and body, integrating mindfulness practices and stress-reduction techniques into our approach.

**Personalized Treatment Plans:** We work collaboratively with you to develop a customized treatment plan that addresses your specific goals and preferences.

**Ongoing Support and Resources:** Our commitment to your well-being extends beyond your therapy sessions. We provide access to valuable resources and ongoing support to help you maintain progress and achieve lasting change.

## **Taking the First Step: Contact Cedar Counseling and Wellness Today**

Finding the right therapist is a significant step towards healing and growth. We encourage you to reach out to Cedar Counseling and Wellness today. We offer a welcoming and supportive environment where you can feel safe and understood. We are here to help you navigate your challenges, discover your inner strength, and create a more fulfilling life. Visit our website to learn more about our therapists, services, and scheduling options. Let us help you on your path to a healthier, happier you.

## Conclusion

At Cedar Counseling and Wellness, we're committed to providing exceptional mental health services within a supportive and compassionate environment. Our holistic approach, experienced therapists, and diverse range of services make us uniquely positioned to help you on your journey to well-being. Don't hesitate to reach out; your first step towards a brighter future starts here.

## FAQs

1. What insurance plans do you accept? We accept a wide range of insurance plans. Please contact our office to verify if your plan is accepted.
1. What are your hours of operation? Our hours are [Insert Hours Here], with some flexibility for evening and weekend appointments.
1. How long are therapy sessions? Typically, sessions are 50 minutes long, but this can be adjusted based on your needs and the type of therapy.
1. Do you offer online therapy? Yes, we offer telehealth options for clients who prefer online sessions.
1. What if I'm not sure what type of therapy I need? We offer a free 15-minute consultation to discuss your needs and help you determine the most appropriate course of action. This allows us to understand your situation and recommend the best fit for your needs.

**cedar counseling and wellness: The Interventionist** Joani Gammill, 2011-04-20 Inspiring stories from the frontlines of the battle against addiction by Dr. Phil's leading interventionist and recovering addict Joani Gammill. Exuding the same passion and purpose as the author herself, Joani Gammill's *The Interventionist* is a heartfelt game changer and long overdue. You deserve to read it. --Dr. Phil McGraw, host of CBS's nationally syndicated show *Dr. Phil* Joani Gammill, an average suburban mom on the outside, was secretly addicted to multiple forms of opiates and amphetamine for years, and almost died as a result. Through the life-changing intervention staged by Dr. Phil on his show, Gammill not only committed to getting help for her addiction, but she also went on to become a professional interventionist, helping thousands of others in distress. In *The Interventionist*,

she intertwines her experiences with depictions of her often harrowing and always inspiring interventions of the addicts and families she's worked with over the years. In each chapter she recounts details of a client's unique battle with addiction and the devastation that led to a loved one's request for her help. Gammill's intriguing story--and the equally captivating stories of the brave people who come to her for help--demonstrates how it is possible to emerge from the seemingly hopeless world of out-of-control drug use and not only regain one's sanity, but actually discover that life clean and sober can be more meaningful than it ever was before.

**cedar counseling and wellness: *Substance Use Disorders and Addictions*** Keith Morgen, 2016-08-03 Based on a decade of research and theory, *Substance Use Disorders and Addictions* examines co-occurring psychiatric disorders as the norm with substance use disorders and addictions. With more than 20 years of experience in the field as a clinician, a researcher, a program developer, and an instructor, Keith Morgen encourages a holistic approach to working with individuals, using a single case example throughout the text to encourage the sequential application of concepts to co-occurring disorders. With DSM-5 diagnostic criteria, the 2014 ACA code of ethics, and 2016 CACREP standards integrated throughout, readers will benefit from this applied and cutting-edge introduction to the field.

**cedar counseling and wellness: *Therapy, Culture and Spirituality*** G. Nolan, W. West, 2014-12-04 This edited collection addresses how therapy can engage with issues of race, culture, religion and spirituality. It is a response to the need for practitioners to further their understanding and skills base in developing ways of appropriately responding to the interconnectivity of these evolving issues.

**cedar counseling and wellness: *Forward-Facing Trauma Therapy*** J. Eric Gentry, 1961-09-01 In this groundbreaking book, trauma expert J. Eric Gentry builds upon the pioneering insights of such luminaries as neuroscientist Stephen Porges, Judith Herman and Bessel van der Kolk to introduce Forward-Facing Trauma Therapy (FFTT), the next evolutionary leap in the treatment of traumatic stress. Unlike many traditional psychotherapies, FFTT eschews the assumption that psychological problems are caused by our faulty perceptions and skewed thought processes. Instead, FFTT addresses trauma and its destructive symptomology at its source: overcharged autonomic nervous systems and hypervigilant threat response resulting from our adaptation to painful past experiences. Dr. Gentry provides a step-by-step guide for implementing a three-pronged methodology and explains how and why the techniques work so effectively. He also demonstrates how anyone experiencing stress can apply FFTT to achieve immediate change and an enduring sense of joy, self-worth, and personal integrity.

**cedar counseling and wellness: *Remaking Relapse Prevention with Sex Offenders*** D. Richard Laws, Stephen M. Hudson, Tony Ward, 2000-04-19 This book is a rich source of information on the application of relapse prevention with sex offenders. It presents readers promising directions for change and areas that need revision based on new research findings and the integration of emerging theoretical models that show considerable promise in this field. . . . The material in this book should help us construct a better, safer vehicle for the treatment of sex offenders in the new millennium. -from the Foreword by G. Alan Marlatt, University of Washington It is estimated that relapse prevention methods are employed in more than 90% of all North American sex offender treatment programs (of which there are more than 2,000). Comparable statistics are true in most industrialized countries around the world. Over the last decade a great deal has been learned about the treatment of sexual offenders, and particularly about relapse prevention. This sourcebook provides clinicians with the most current, practical information about working with sex offenders to prevent relapse. It reflects the advances and insights of the past decade since the publication of *Relapse Prevention with Sex Offenders*, focusing on the major reconceptualizations, revisions, and innovations that will chart treatment programs for the first decade of the new millennium.

**cedar counseling and wellness: *Counseling Across Cultures*** Paul B. Pedersen, Walter J. Lonner, Juris G. Draguns, Joseph E. Trimble, Maria R. Scharron-del Rio, 2015-01-14 Offering a primary focus on North American cultural and ethnic diversity while addressing global questions and

issues, *Counseling Across Cultures*, Seventh Edition draws on the expertise of 48 invited contributors to examine the cultural context of accurate assessment and appropriate interventions in counseling diverse clients. The book's chapters highlight work with African Americans, Asian Americans, Latinos/as, American Indians, refugees, individuals in marginalized situations, international students, those with widely varying religious beliefs, and many others. Edited by pioneers in multicultural counseling, this volume articulates the positive contributions that can be achieved when multicultural awareness is incorporated into the training of counselors.

**cedar counseling and wellness: Doing Play Therapy** Terry Kottman, Kristin K. Meany-Walen, 2018-07-07 Covering the process of therapy from beginning to end, this engaging text helps students and practitioners use play confidently and effectively with children, adolescents, and adults struggling with emotional or behavioral problems or life challenges. With an accessible theory-to-practice focus, the book explains the basics of different play therapy approaches and invites readers to reflect on and develop their own clinical style. It is filled with rich case material and specific examples of play techniques and strategies. The expert authors provide steps for building strong relationships with clients; exploring their clinical issues and underlying dynamics; developing and working toward clear treatment goals; and collaborating with parents and teachers. A chapter on common challenges offers insightful guidance for navigating difficult situations in the playroom.

**cedar counseling and wellness: Think No Evil** Jonas Beiler, 2016-11-15 The authors present an inside look at the tragic events and astounding forgiveness surrounding the deadly October 2006 shooting at the Nickel Mines Amish schoolhouse.

**cedar counseling and wellness: Programs and Courses** University of Northern Iowa, 2006

**cedar counseling and wellness: Nature is Nurture** Megan E. Delaney, 2020 From foraging and hunting for food to (more recently) finding solace and peace in a beautiful vista, humans have long interacted with the natural world. Though a connection to nature runs deep in our DNA, however, people of the modern age are indoors almost 93% of the day. With that said, there is a growing evidence suggests that the natural world promotes mental and physical well-being, including stress relief, improved mood, and neurological benefits. Ecotherapy, a steadily developing but lesser-known construct in mental health, explores the reciprocal relationship humans have with nature and its capacity to build strength and provide healing. *Nature Is Nurture* provides an overview of the theoretical concepts and empirical bases of ecotherapy via historical considerations and recent research within the discipline. Chapters share practical ways to incorporate ecotherapy with children, adults, and veteran populations; within schools; and in group work. Descriptions of modalities such as animal-assisted, equine-assisted, horticultural, forest-bathing, green-exercise, and adventure-based therapy are also included alongside case examples, techniques, and practical and ethical considerations. In examining the impact of improved physical and mental wellness for all clients, this book provides counselors, therapists, social workers, and psychologists with the knowledge and techniques to infuse ecotherapy into everyday practice.

**cedar counseling and wellness: Disaster Mental Health Counseling** Jane M. Webber, J. Barry Mascari, 2017-12-13 This timely book provides current research and skill-building information on Disaster Mental Health Counseling for counselors, educators, students, and mental health responders in agencies, schools, universities, and private practice. Recognized experts in the field detail effective clinical interventions with survivors in the immediate, intermediate, and long-term aftermath of traumatic events. This extensively revised edition, which meets 2016 CACREP Standards for disaster and trauma competencies, is divided into three sections: Disaster Mental Health Counseling Foundations, Disaster and Trauma Response in the Community, and Disasters and Mass Violence at Schools and Universities. Real-world responses to violence and tragedies among diverse populations in a variety of settings are presented, and responders share their personal stories and vital lessons learned through an In Our Own Words feature. Each chapter contains discussion questions and case studies are interwoven throughout the text. Requests for digital versions from ACA can be found on [www.wiley.com](http://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](mailto:publications@counseling.org)

**cedar counseling and wellness: Four-Year Colleges 2012** Peterson's, 2011-12-01 Peterson's Four-Year Colleges 2012 is the trusted guide of high school guidance counselors, parents, and students. This valuable resource includes information on accredited four-year undergraduate institution in the United States and Canada (and many international schools)-more than 2,500 institutions in all. It also includes detailed two-page descriptions, written by admissions personnel, for more than 400 colleges and universities. Inside you'll find: Detailed profile information including campus setting, enrollment, academic programs, entrance difficulty, expenses, student-faculty ratio, application deadlines, and contact information. The Advice Center provides insider info on specialized college options, such as Honors Programs and Colleges, Online Learning, Women's Colleges, and Public vs. Private institutions. Helpful articles offer advice on making a list of your Top-Ten colleges, surviving standardized tests, preparing to get into college, paying for college, scholarship guidance and more. Indexes include Majors or Fields of Study, Entrance Difficulty, Cost Ranges, and geographic and alphabetical listings of all schools.

**cedar counseling and wellness: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954**, 2004

**cedar counseling and wellness: Out!**, 1993

**cedar counseling and wellness: Health and Wellness Tourism** Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

**cedar counseling and wellness: Dialectical Behavior Therapy with Adolescents** K. Michelle Hunnicutt Hollenbaugh, Michael S. Lewis, 2018-01-31 Dialectical Behavior Therapy with Adolescents is an essential, user-friendly guide for clinicians who wish to implement DBT for adolescents into their practices. The authors draw on current literature on DBT adaptation to provide detailed descriptions and sample group-therapy formats for a variety of circumstances. Each chapter includes material to help clinicians adapt DBT for specific clinical situations (including outpatient, inpatient, partial hospitalization, school, and juvenile-detention settings) and diagnoses (such as substance use, eating disorders, and behavioral disorders). The book's final section contains additional resources and handouts to allow clinicians to customize their treatment strategies.

**cedar counseling and wellness: The Mindfulness Solution for Intense Emotions** Cedar R. Koons, 2016-04-01 The Mindfulness Solution for Intense Emotions offers breakthrough, new mindfulness skills and exercises drawn from dialectical behavior therapy (DBT) to help you move past harmful emotions. If you suffer from intense emotions, you are not alone. Millions of Americans are diagnosed with emotion regulation disorders, such as borderline personality disorder (BPD) and other comorbid conditions like post-traumatic stress disorder (PTSD), and severe depression. Developed by Marsha Linehan, DBT is a clinically proven, evidence-based treatment for intense emotions that can help you start feeling better right away. This is the first consumer-friendly book to offer Linehan's new mindfulness skills to help you take control of your emotions, once and for all. In this book, you'll learn seven powerful skills that highlight the unique connection between mindfulness and emotion regulation. Each skill is designed to help you find focus in the present moment, reduce impulsive behavior, and increase a sense of connection to your true self, even during times of extreme stress or difficulty. You can feel calmer, more grounded, and centered. If you're ready, the mindfulness practices in this book will help you move away from a chaotic,

emotion-driven life and cultivate a focused, intentional one.

**cedar counseling and wellness: Hair Like a Fox** Danny Roddy, 2013 While it is often stated with great confidence that pattern baldness is the result of defective genes and male androgenic hormones (e.g., testosterone, DHT), the theory is physiologically unsound. In fact, after 60 years of research the genetic-androgen doctrine has produced a single FDA-approved therapy that works less than 50% the time and can result in permanent chemical castration. ...Standing on the shoulders of giants (e.g., Otto Warburg, Albert Szent-Györgyi, Gilbert Ling, Ray Peat and others), Hair Like a Fox sets up an alternative bioenergetic model of pattern hair loss with a focus on the smallest unit of life, the cell. This same context elucidates simple yet effective therapies for halting and perhaps reversing pattern hair loss in a way that harmonizes with our unique physiology--Amazon.com.

**cedar counseling and wellness: Sexual Assault and Child Sexual Abuse** Linda Webster, 1989 Includes approximately 2,700 local agencies/organizations, and 100 national organizations ... concerned with sexual assault and child sexual abuse. Main section contains agency profiles, geographically arranged. Entries give such information as type of agency, clients and services, and languages used. Miscellaneous appendixes.

**cedar counseling and wellness: The Five Core Conversations for Couples** David Bulitt, Julie Bulitt, 2020-02-04 A Top Divorce Lawyer and a Family Therapist Show You How to Really Talk—for Better or for Worse Married for 33 years, David, a divorce lawyer, and Julie, a family therapist, have both been witness to families struggling with life's most difficult challenges. At the same time, they have weathered their own challenges at home: raising four daughters, two biological and two adopted, and dealing with one child's mental health and behavioral issues. What they've learned about saving a marriage or knowing when to call it quits, when to turn to professionals or when to try tough love, could fill a book—and it does. The Five Core Conversations for Couples tackles every corner of relationships with the wisdom, knowledge, and best advice culled from David and Julie's unique personal and professional experiences, organized topically into the five core reasons that people come to their offices. Topics include: Disability Abuse Serious illness Estrangement And much, much more Take a look inside the hearts and minds of two marriage professionals to gain a fresh perspective into your own relationships and to have valuable and more frequent conversations with those you love.

**cedar counseling and wellness: Complementary and Alternative Medicine in the United States** Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

**cedar counseling and wellness: Express Yourself** Emily Roberts, 2015-06-01 Winner of a

Foreword Reviews' 2015 INDIEFAB Book of the Year Award for Young Adult Nonfiction Being a teen girl isn't easy—so learning skills to feel confident is key! In *Express Yourself*, psychotherapist Emily Roberts will teach you how to communicate effectively and feel assertive in any situation. Whether it's online or at school, with friends, parents, bullies, cliques or crushes—any tricky situation life throws your way. Many teen girls feel pressured to be nice, rather than assert their opinions. They may fear being called bossy or pushy when speaking their mind or offering a different point of view. If you have ever stopped yourself from expressing your opinion, you know how bad it can feel afterward. Don't let yourself fall into that same trap over and over. Your thoughts and feelings matter just as much as everyone else's—you just need to find your voice. *Express Yourself* offers skills based in dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) to help you create positive interactions with others and deal with difficult emotions that can arise from bullying or dealing with mean girls. The book also provides easy-to-use strategies that will boost your self-esteem and confidence, and you'll discover tons of assertive communication skills you can use every day, including how to speak up when you are upset, asking for what you want in a clear assertive manner, and coping when intense emotions threaten to take over and sabotage your relationships. In our modern world of social media and texting, strong communication skills are needed more than ever. This book will not only give you the tools needed to speak up in everyday or difficult situations, but it will also provide powerful advice for effectively communicating in the digital world.

**cedar counseling and wellness: Cognitive and Rational-Emotive Behavior Therapy with Couples** Ann Vernon, 2012-12-09 The book addresses the problems that couples experience through the life cycle. Each chapter includes an up-to-date review of the literature pertinent to the topic, with a focus on practical interventions which are generally based upon, but not limited to, cognitive and rational emotive behavioral principles. Case studies or vignettes further illustrate application of principles. Worksheets, checklists, or other resources that would be useful in working with couples are also included where relevant. This book presents interventions based upon research, theory, and most of all on practice. And is relevant to marriage and family therapists, mental health counselors, psychologists and psychiatrists, nurse practitioners, family law experts, social workers and relationship coaches. In addition, it can serve as a textbook for students in marriage and family therapy.

**cedar counseling and wellness: Four-Year Colleges 2015** Peterson's, 2014-07-29 Peterson's Four-Year Colleges 2015 is the trusted guide of high school guidance counselors, parents, and students. This valuable resource includes information on accredited four-year undergraduate institution in the United States and Canada (and many international schools)-more than 2,600 institutions in all. It also includes detailed two-page descriptions, written by admissions personnel, for more than 400 colleges and universities. College-bound students and their parents can access important information, including campus setting, enrollment, academic programs, entrance difficulty, expenses, student-faculty ratio, application deadlines, and contact information, as well as the most frequently chosen baccalaureate fields. The Advice Center provides helpful articles on specialized college options, such as Honors Programs and Colleges, Online Learning, Women's Colleges, and Public vs. Private institutions. Other articles offer advice on making a list of your Top-Ten colleges, surviving standardized tests, preparing to get into college, paying for college, scholarship guidance, and advice for international students applying to U.S. colleges and universities. Indexes include Majors or Fields of Study, Entrance Difficulty, Cost Ranges, and geographic and alphabetical listings of all schools.

**cedar counseling and wellness: Peterson's Graduate & Professional Programs: An Overview--Profiles of Institutions Offering Graduate & Professional Work** Peterson's, 2011-06-01 Graduate & Professional Programs: An Overview--Profiles of Institutions Offering Graduate & Professional Work contains more than 2,300 university/college profiles that offer valuable information on graduate and professional degree programs and certificates, enrollment figures, tuition, financial support, housing, faculty, research affiliations, library facilities, and contact

information.

**cedar counseling and wellness: Refuge Recovery** Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

**cedar counseling and wellness: *Big Rapids City Directories*** , 2001

**cedar counseling and wellness: *The Self in Performance*** Susana Pendzik, Renée Emunah, David Read Johnson, 2017-01-10 This book is the first to examine the performance of autobiographical material as a theatrical form, a research subject, and a therapeutic method. Contextualizing personal performance within psychological and theatrical paradigms, the book identifies and explores core concepts, such as the function of the director/therapist throughout the creative process, the role of the audience, and the dramaturgy involved in constructing such performances. It thus provides insights into a range of Autobiographic Therapeutic Performance forms, including Self-Revelatory and Autoethnographic Performance. Addressing issues of identity, memory, authenticity, self-reflection, self-indulgence, and embodied self-representation, the book presents, with both breadth and depth, a look at this fascinating field, gathering contributions by notable professionals around the world. Methods and approaches are illustrated with case examples that range from clients in private practice in California, through students in drama therapy training in the UK, to inmates in Lebanese prisons.

**cedar counseling and wellness: *User's Guide to Protein and Amino Acids*** Keri Marshall, 2005 Protein has become one of the most misunderstood nutrients. Protein is broken down during digestion and later restructured to make the proteins and enzymes the body needs for life. Protein consists of amino acids, which are used in the construction of neurotransmitters, hormones, muscle and other tissues. This User's Guide demystifies Protein and Amino Acids and explains how readers can use them to enhance their health.

**cedar counseling and wellness: *ICC 2011-2012 Student Handbook*** ,

**cedar counseling and wellness: *Peterson's Graduate and Professional Programs*** Peterson's Guides Staff, Peterson's, 2007-12 The six volumes of Peterson's Annual Guides to Graduate Study, the only annually updated reference work of its kind, provide wide-ranging information on the graduate and professional programs offered by accredited colleges and universities in the United States and U.S. territories and those in Canada, Mexico, Europe, and Africa that are accredited by U.S. accrediting bodies. Books 2 through 6 are divided into sections that contain one or more directories devoted to individual programs in a particular field. Book 1 includes institutional profiles indicating the degrees offered, enrollment figures, admission and degree requirements, tuition, financial aid, housing, faculty, research projects and facilities, and contacts at more than 2,000 institutions.

**cedar counseling and wellness: *The Secrets of People Who Never Get Sick*** Gene Stone, 2010-10-20 Written by Gene Stone, a bestselling health-savvy journalist who's investigated, firsthand, virtually every form of regimen, diagnostic test, therapy, and fad, *The Secrets of People Who Never Get Sick*, a fascinating and original book of science, tells the stories of 25 people who each possess a different secret of excellent health and shows how we can all use these insights to

change our lives for the better. Meet Bill Thompson, an entrepreneur in his early sixties who has the EKG of a 20-year-old and hasn't had a cold in over two decades. Bill's secret? Every morning he dunks his head in a basin of warm water and hydrogen peroxide, a powerful natural germ killer that has the added benefit of making Bill feel as invigorated as a teenager when he comes up for air. Meet Dr Robert Fulford, whom Andrew Weil considered one of the world's greatest healers, and who, even into his nineties, continued to see patients and was healthier than most people half his age. His secret: a daily set of stretching exercises that he claims stimulate the body's life force, a force too easily blunted by illness, trauma, and even bad breathing habits. Meet Barbara Pritzkat, a now 83-year-old archaeologist with incredible stamina and health, who attributes her well-being to a morning tonic of brewer's yeast, a treasure trove of B vitamins that's also protein-rich and a good source of selenium, copper, iron, zinc, and other minerals. The stories make it personal; then comes the science, the authority (with experts conflicting opinions on if and how it really works), and the nuts and bolts how to bring each secret into your own life. From probiotics to veganism to a daily dose of garlic, from yoga to cold showers, it's an invaluable list: 25 secrets to health, and how to make each work for you.

**cedar counseling and wellness:** Colorful Place Joceelyn Fitzgerald, Heather McClelland, 2021-01-08 We will go back and add to this alter.....

**cedar counseling and wellness:** *Small Business Health Fairness Act of 2005* United States. Congress. House. Committee on Education and the Workforce, 2005

**cedar counseling and wellness:** Bibliotherapy with Young People Beth Doll, Carol A. Doll, 1997-03-15 Discusses how reading can be combined with therapeutic intervention, with guidelines for structuring school programs.

**cedar counseling and wellness:** White Awareness Judy H. Katz, 1978 Stage 1.

**cedar counseling and wellness:** It's Not Carpal Tunnel Syndrome! Suparna Damany, Jack Bellis, 2000 This guide offers computer users who suffer from repetitive strain injury (RSI) an effective program for self-care. It explains the symptoms, prevention, and treatment of RSIs and also addresses the often-overlooked root causes of RSIs. This holistic program treats the entire upper body with ergonomics, exercise, and hands-on therapy, increasing the likelihood that surgery and drugs may be avoided.

**cedar counseling and wellness:** Explorer's Guide Virginia Beach, Richmond and Tidewater Virginia: Includes Williamsburg, Norfolk, and Jamestown: A Great Destination (Explorer's Great Destinations) Renee Wright, 2011-10-17 The definitive, comprehensive guide to Virginia Beach, Richmond and surrounding areas, with hundreds of lodging, dining, and recreational recommendations. Explore this vital region—Virginia Beach and Richmond, the state capitol. Author Renee Wright offers extensive coverage of Colonial Williamsburg, historic James-town, and Norfolk, home to the great Atlantic Fleet. Includes special sections on Civil War battlefields, maritime history, Hampton Roads' quadricentennial, and bird-watching opportunities in the region.

**cedar counseling and wellness:** Peer Programs Judith A. Tindall, David R. Black, 2011-03-17 The Peer Power Program is a peer training program designed for middle, high school, and higher education students, focusing on 8 core skills: Attending, Empathizing, Summarizing, Questioning, Genuineness, Assertiveness, Confrontation, and Problem Solving. Through a series of exercises, games, and self-awareness techniques, youth and adults involved in the program can gain the basic communication and mediation skills necessary to effectively help their peers. An overview of peer helping, Peer Programs explains the value of and techniques for helping non-professionals learn to help others one-on-one, in small groups and in groups of classroom size. Intended to be of use to those responsible for planning, implementing and/or administering peer programs, this text should also convince those who are not directly involved that peer helping is a worthwhile undertaking - reducing drug and alcohol abuse, dropouts, violence and conflict, HIV and AIDS, pregnancy, stress and negative peer pressure. New features of this edition include: updated rationale for peer programs updated highlights from current evaluation added professionalism- CPPE. Certified Program, Programmatic Standards, Rubric and others downloadable resources of forms to customize

for all phases of the Peer Program step-by-step guide of new and current programs This book is an indispensable guide for learning important aspects of training peer helpers and as a resource book for a wide range of professional peer helpers, such as: administrators; managers; teachers; counselors; ministers; religious educators; social workers; psychologists; human resource personnel and others in the helping professions.

**cedar counseling and wellness:** *Pennsylvania Drug and Alcohol Facility/services Directory*  
Pennsylvania. Dept. of Health. Office of Drug and Alcohol Programs, 1998

## Additional Resources

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