

holistic psychotherapy :: methodology of Rx

Sometimes you need someone to talk to, when the way you feel is affecting your sleep, your eating habits, your job, your relationships, your everyday life. Holistic Psychotherapy takes traditional "talk" therapy to the next level incorporating mind, body, and spirit in a holistic approach to each person individually. Holistic psychotherapy focuses on wellness. That is to say, teaching patients how applying natural lifestyle approaches can act to facilitate the body's healing and health building potential. Diagnosing disease and illness is totally unnecessary to correcting the underlying problems that result in disease and illness. You are not the disease or illness. The disease or illness is nothing more than a manifestation of your body trying to correct imbalances. Imbalances due to faulty nutritional patterns, improper rest, stress management, negative belief systems and other lifestyle considerations, which over time result in a weakening of the body – physically, mentally, and spiritually.

The first step in the holistic psychotherapy process is for the patient to learn to challenge his/her own beliefs and thoughts about self, others and the world in which he/she lives. A great effort is made to free patients of what are called faulty beliefs. A rough way of describing this is that his or her thinking may be obscured or unconsciously influenced by his/her feelings or by his/her negative beliefs, attitudes and values. The next step is to assist patients in realizing their full potential. We utilize Adler's wholistic principles (work/school • social • love • self-acceptance • spirituality) to assist patients in the integration of their whole, complete self.

Holistic Psychotherapy can help you make your life what you want it to be. Techniques are co-created and evolve from your needs, strengths and interests. Holistic Psychotherapy is a relationship of trust between you and a counselor that takes place in a warm, safe and confidential setting. Holistic Psychotherapy helps you to heal emotional wounds and resolve or complete unmet childhood needs, benefiting you as a whole person – mind, body and spirit. Holistic Psychotherapy incorporates left and right brain processes, and conscious and unconscious resources increasing your self-confidence, self-esteem and overall sense of well-being.

Cayenne Wellness Center and Children's Foundation operates out of a paradigm which believes that you are your own best expert. We see our role as therapists to elicit and draw forward your expertise and brilliance, strengthening your relationship with yourself.

Common issues patients address and resolve include: adoption issues, family of origin concerns, co-dependency, stress, career transitions, parenting, anxiety, depression, and issues of courage. We are very results-oriented and focus on core issues to help you create permanent positive change. Natural outcomes of our work include clarity, greater self-confidence, direction for life purpose, and effortless joy.



cayenne

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