

MENTAL HEALTH SYSTEMS

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Mental Health Systems

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Gathering information as to presenting concerns that include cognitive, emotional and physical concerns is pertinent during this first systems approach step. Through a dual approach of using a variety of therapeutic modalities, we can then consider how you experience mental health concerns and how they impact physical functioning. As information is gathered, further consideration can then be given as if your needs can be met within my practice and scheduling details can be determined.

✓ Healing plan

As goals and needs are determined, you are then matched with tangible goals to achieve and therapeutic modalities that allow the growth and healing you desire. As therapeutic modalities are considered, which would include a range of Internal Family Systems, Brainspotting, EMDR, etc; further consideration of physical needs are also assessed. Should a need based upon improving physical health be verbalized, additional use of nutrition planning and meeting physical goals can also be addressed and nutrition certification aspects will be utilized to develop a nutrition plan. As Dr. David Grand describes, what we experience in our brain, is felt in and around our body, of which would be treated through honoring what our body needs through nutrition, but also through mind-body therapy techniques in conjunction.

✓ Integration

Through an IFS lense, and at times, inclusion of other techniques to truly "fine tune" a client's needs; you will gain knowledge as to "parts of who you are" and how those parts show up physically in and around your body. Again, depending on a variety of therapy goals, further consideration of a need to "improve functioning or performance, reprocess trauma, understand and embrace a journey of grief, move through physical pain, address substance use dependence, improve relationships or regain creativity or find yourself again" are just a few examples of tangible needs to address and use integrative therapies to facilitate authentic growth.

✓ Discover more

As therapy continues, on-going assessment as to integration of a variety of therapy models will be utilized to maintain a systems approach that continues to consider cognitive, emotional and physical experiences to determine personal growth and stabilization. As you "dive deep" into Limbic System functioning and mid-brain activity, on-going considerations of nutritional needs can be assessed, while the mental health components are held and considered in therapy sessions. A whole body approach is needed to not only meet therapy goals, but to sustain deep progress outside of the therapeutic context. You will begin to notice thoughts, emotions and physical sensations as "parts of yourself," and further opportunities to befriend these parts and listen from a place of compassion and curiosity.

✓ Self-realization

The final component of my systems approach is regardless of the physical sensation (i.e. be that of over eating, headaches, stomach upset, etc), or the unwelcome thought or emotion; you will begin to see these as "hints" as to parts of who you are and opportunities to know yourself in a completely different way. From there a place of courage and creativity can further emerge to embrace perhaps other goals and dreams as you become clear you have no bad parts.