

# We Are



Trauma-Informed/Trauma-Focused

All services at Discovery Counseling are provided through a trauma lens. This does not mean that all of our clients have experienced trauma. It does mean that we recognize that all humans have experienced challenging events and developed strategies for navigating those events. At times, those strategies can interfere with our current relationships with ourselves and others, block the ability to live a full and joyful life, and create new challenges. Trauma-informed care understands this pattern. Trauma-focused services provide targeted interventions designed to help change it.



Neurobiologically-Based

Our services are based on an understanding of the mammalian nervous system and the ways it helps us survive physically and psychologically. Constantly checking in with our environment, our internal sensations, and the people around us, our nervous systems are exquisitely designed to detect danger and prepare us for survival. Although this happens below the level of consciousness (subcortically), many of our decisions and actions are driven by our nervous systems' perceptions (neuroceptions) of safety or lack of safety from moment to moment. The nervous system's way of making this determination is largely based on past experiences and learned responses. Thus, ongoing stress, challenges, or adversity can create a sensitized or vulnerable nervous system. Often these sensitized nervous systems can present as anxious or depressed, and with ongoing challenges in relationships. We help our clients learn about how their nervous systems communicate with them, their unique ways of experiencing states of safety and danger, and to develop tools that create more flexibility and resiliency within their systems.

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Experiential

Talking about difficult experiences can be helpful. However, in order to create new neural pathways and create new nervous system responses, we must navigate new experiences. Trauma and toxic stress are stored differently in the memory and create different pathways from brain to body. We work directly with nervous system responses as we work through difficult issues in order to practice different ways to respond to stressors. Experiential therapy uses embodied experiences to rewire the subcortical layers of your brain. Talking alone cannot reach those layers, because those layers speak sensation, movement, imagery, metaphor, as well as the language of emotion.



Relational

“Trauma is not what happens to us. But what we hold inside in the absence of an empathic witness.” Dr. Peter Levine

Our services are based on the principle that secure, attached relationships are the vehicle for all healing. (Tim and Bettina Jobe, Natural Lifemanship™). We recognize the importance of safe, attuned relationships, and intentionally create those types of relationships with our clients. The experience of spending time with a safe other begins to rewire our brains at the subcortical level, and to create new relational experiences that can be transferred to relationships outside of the therapy sessions.