

We Use Several Modalities



Eye Movement Desensitization
and Reprocessing (EMDR)

Eye-Movement Desensitization and Reprocessing (EMDR)
(Information from www.emdria.org)

EMDR is a structured therapy that encourages the patient to focus briefly on the trauma memory while simultaneously experiencing bilateral stimulation (eye movements, alternative tapping, walking). This is associated with a reduction in the vividness and emotion associated with the trauma memories. EMDR therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms.



Internal Family Systems (IFS)

Internal Family Systems (IFS)
(Information from www.ifs-institute.org)

IFS is a transformative tool that conceives every human being as a system of protective and wounded inner parts lead by a core Self. IFS believes that the mind is naturally multiple and that that is a good thing. Just like members of a family, inner parts are forced from their valuable states into extreme roles within us. IFS is frequently used as an evidence-based psychotherapy, helping people heal by accessing and healing their protective and wounded inner parts. IFS creates inner and outer connectedness by helping people first access their Self and, from that core, come to understand and heal their parts.

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Somatic Experiencing™ (SE)

Somatic Experiencing™ (SE) button
(Information from www.traumahealing.org)

SE aims to resolve symptoms of stress, shock, and trauma that accumulate in our bodies. When we are stuck in patterns of fight, flight, or freeze, SE helps us release, recover, and become more resilient. It is a body-oriented therapeutic model applied in multiple professions and professional settings for healing trauma and other stress disorders. It is based on a multidisciplinary intersection of physiology, psychology, ethology, biology, neuroscience, indigenous healing practices, and medical biophysics, and has been clinically applied for more than four decades. The SE approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma. It does this by facilitating the completion of self-protective motor responses and the release of thwarted survival energy bound in the body, thus addressing the root cause of trauma symptoms. This is approached by gently guiding clients to develop increasing tolerance for difficult bodily sensations and suppressed emotions.

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Sensorimotor Psychotherapy

Sensorimotor Psychotherapy (SP) (Information from www.sensorimotorpsychotherapy.org)

SP is a therapeutic modality for trauma and attachment issues. SP welcomes the body as an integral source of information which can guide resourcing and the accessing and processing of challenging, traumatic, and developmental experience. SP is a holistic approach that includes somatic, emotional, and cognitive processing and integration. SP enables clients to discover and change habitual physical and psychological patterns that impede optimal functioning and well-being. SP is helpful in working with dysregulated activation and other effects of trauma, as well as the limiting belief systems of developmental issues. SP helps clients cultivate their strengths, while providing enough challenge to stimulate growth, long-lasting change, and well-being.

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Natural Lifemanship

Natural Lifemanship™ (NL)
(Information from www.naturallifemanship.com)

Natural Lifemanship is an approach to equine-assisted services based on the science of relationships. This approach is designed to help people and animals form relationships to overcome stress and trauma. Natural Lifemanship is based on principles that are generalizable to all relationships. The process of Natural Lifemanship is to assist people and animals to form connected, trusting relationships to overcome toxic stress and trauma. Based on modern neurobiological research, NL has learned that when relationships between humans and equines are built on trust, respect, attunement and connection, the healing principles can transfer seamlessly to healthy human relationships with self and others.