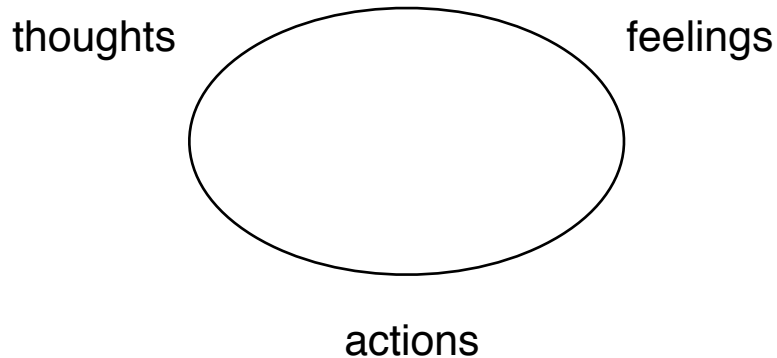


How do we heal?

A person:



MINDFULNESS – sit in the middle – gives us appreciation and choice
– an accurate view and steady, focused attention

SELF-ACCEPTANCE – of thoughts and feelings and impulses (but not all actions)

To change actions, use BEHAVIOR THERAPY – behavior modification, learning theory – change the reinforcement contingencies (the payoff)

To change thoughts, use COGNITIVE THERAPY – change the self-talk
– tell yourself the current TRUTH – use ABCDE disputation – MBCT

To change feelings, use HUMANISTIC/EXISTENTIAL THERAPY and/or PSYCHODYNAMIC THERAPY – feel fully, understand what the feelings are expressing, make life changes – feelings tell you how well you're living your life

To affect the whole system, use SOMATIC THERAPIES – body and energy therapies – EFT, Feldenkrais, Yoga, exercise, nutrition, etc.

METTA – lovingkindness meditation – cultivating love and compassion for self and others

It's not all inside and individual – making needed changes in how you're living – leaving hurtful situations, finding helpful ones – creating CONNECTION and COMMUNITY – the importance of healthy physical and social environments

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