

The *how to find therapy* that'll work for you *guide.*

Finding the right therapy *might just be* the hardest part in therapy.

Hi, I'm Carolyn.

I'm a Licensed & Certified EMDR Therapist, serving clients virtually in FL, NC, RI, & VA.

Here's the good news:

Therapy of any kind is going to be most effective and enjoyable if Therapist and Client are on the same page.

Before you dive into the abyss of finding therapy with search terms like "CBT for anxiety," "ECT for depression near me," or even "FL Therapists accepting Bluecross Blue Shield," you should know that **this is not the best way to find the mental health services you want and need.**

Discovering your outlook on mental health healing

should come first- *definitely before pigeonholing your options by looking up specific types of therapy.*



"Why?" you ask...

Because you're going to want a Therapist with a belief system that overlaps with yours.

In other words, you're going to want a Therapist with personal and professional beliefs about healing that you understand and are on board with.

CONTINUE READING FOR
how and where to start.

Disclaimer:

This is a spark notes alternative, created by a Licensed Therapist/ therapy client, to enhance your search results for "therapist near me." However, this is not a researched, evidence-based method to finding therapy, as it is primarily based on anecdotal experience and observed patterns. For more individualized consultation questions regarding specific kinds of therapy, please reach out to a Licensed Professional Mental Health Counselor in your state.

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The Mental Health *Belief Systems*

The *6ish* categories I'm going to show you, represent approximately 6 theoretical frameworks, or Mental Health Belief Systems that often shape a Therapist's style of doing therapy and the types of therapy they might offer.

So when you read the table below, I challenge you to consider your personal philosophies and boundaries, while being open to learning about ones you feel might differ from yours.

CLICK ON EACH CATEGORY

FOR MORE SPECIFIC INFORMATION ABOUT EACH.

Therapies like CBT

Newer, "Combo" Therapies

Soul-searching Therapies

Therapies that Express through Behavior

Therapies for finding meaning

Therapies with direct focus on early experiences

My goal here

is to help make your searching for the therapy like a "vetting and weeding out process," not unlike the one you've probably used when dating or making new friends. If you've ever had a friend play "matchmaker" for you, in vouching for/ or vetting people you meet, THAT is what I'm doing here, but for Mental Health Healing Styles.

Think of this as "Therapy Matchmaking." I'm a Licensed Therapist vetting different healing outlooks for you, so you can more efficiently focus on weeding out some of the specific kinds of Therapy I'll introduce you to later on.

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Therapies like CBT

Social Cognitive Therapies

Outlook & Principals

Self-beliefs shape one's quality of life.

Patterns of interactions between personal factors and behavior create "**self [belief] systems**"

(ie. self-awareness, self-reinforcement, self efficacy, & self esteem).

Healing Process

Increase awareness in healthy self-belief system

influences and learn how to face events that could result in strengthen the unhelpful self beliefs systems, which mental health issues manifest from.

Therapeutic Relationship

Therapist is like a teacher/ cheerleader.

models appropriate behaviors for client and reinforces when client prevents negative self belief systems from spiraling.

Examples

- Behavioral Modification Therapy
- Cognitive Therapy
- Self-control/Monitoring Therapy
- Cognitive Behavioral Therapy
- Biofeedback Therapy
- Rational Emotive Behavior Therapy (REBT)

Might be great for you if...

- First time in therapy
- Like the accountability of worksheets and homework
- Believe the solution should focus on the present to change the future, less so the past
- Have no idea when, where, or why your problems started
- Like the option of group therapy activities with or without individual therapy

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Newer, "Combo" Therapies

Integrative Therapies

Outlook & Principals

Three Types:

1. **technical eclecticism**- techniques used from whatever theories, based on client and specific circumstances.
2. **theoretical integration**- more than one theory informs treatment.

3. **assimilation integration**- One theoretical framework, but incorporates techniques from other ones to carry out its conceptualization of the healing process.

Healing Process

Unique, based on which theories of therapies are being combined and how in the above 3 ways they are integrated.

Therapeutic Relationship

Depends on theories used and how they're used together. Very variable. More than likely laid back.

Examples

- Mindfulness-Based Cognitive Therapy (MBCT)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Dialectical Behavior Therapy (DBT)
- Process Experiential Therapy & Emotion-Focused Therapy Individual Treatment (EFTT)
- Emotionally-Focused Therapy
- Brainspotting Therapy
- Eye-Movement Desensitization & Reprocessing (EMDR) Therapy
- Transpersonal Therapy
- Integrative Body Psychotherapy/Sensorimotor Psychotherapy
- Schema Therapy

Might be great for you if...

- You've tried traditional talk therapies before, with minimal success
- Have big emotions you really want more control over
- Like the idea of mind, body, integration work
- Want a combo of immediate relief and practical skills
- Like structure more than open-ended therapy sessions

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Soul-searching Therapies

Humanistic Therapies

Outlook & Principals

Humans are born with good moral compasses.

Experiences influence and skew moral decision making ability. Mixed signals between what one wants & what society has told them they should want lead to problems. Approaches emphasize self-acceptance and development of the self.

Healing Process

MH issues are part of life, if you live inauthentically.

Taking control and confronting beliefs that aren't truly one's own (but internalized), will help one find purpose and meaning in life, ultimately becoming their "authentic self."

Therapeutic Relationship

Tool for building an optimal healing environment.

Therapist is like a blank slate to focus & reflect attention on client's goals involving *feeling more complete.*

Examples

- Person-Centered Therapy
- Gestalt Therapy
- Reality Therapy
- Solution-Focused Brief Counseling (SFBC)
- Rational Emotive Behavior Therapy (REBT)

Might be great for you if...

- Really like the talking aspect in therapy
- Like being the one to control the flow of where therapy sessions go
- Want a therapist to follow your lead
- Want someone to reflect things you say and know, but in a different way so you can gain more perspective
- Believe that you know you best and the best solutions come from within

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Therapies that Express through Behavior

Experiential Therapies

Outlook & Principals

Perception determines behavior.

If someone perceives a past event as being traumatic, the thoughts and feelings will lead them to want to avoid things that might be similar. Emphasizes free will, self determination, and self-fulfillment.

Healing Process

MH issues= side effect of reinforced, unhelpful perceptions.

Goal is to engage in positive and neutral behaviors (ie. art, dance, yoga, etc..) while spontaneously & creatively reprocessing whatever come up. Point is to create and reinforce a new, less negative perception and behavior connection.

Therapeutic Relationship

Side-by-side mentorship of sorts

Therapist is encouraged to continue building on own experiences and vulnerabilities to help client.

Examples

- Internal Family Systems (ISF) Therapy
- Acceptance & Commitment Therapy (ACT)
- Narrative Therapy
- Art Therapy
- Sand Tray Therapy
- Play Therapy
- Drama Therapy
- Dance/ Movement Therapy (DMT)
- Ecotherapy (aka Nature Therapy)

Might be great for you if...

- Prefer expression of feelings and tensions through doing and moving more than talking about them directly
- Like symbolism
- Find symbolic activities truly helpful as opposed to silly
- Are a creative person or really enjoy engaging your more creative side
- Like focusing on bigger picture themes rather than specifics

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Therapies for finding deeper meaning

Existential Therapies

Outlook & Principals

People are too focused on the external world and not enough on their internal worlds.

If you don't work on finding a balance that emphasizes your own meaning, you'll continue to live inauthentically. Emphasizes intentionality & choice, in confronting what prevents one from finding and being their true self.

Healing Process

MH issues= side effect of reinforced, unhelpful perceptions.

Goal is to engage in positive and neutral behaviors (ie. art, dance, yoga, etc..) while spontaneously & creatively reprocessing whatever come up. Point is to create and reinforce a new, less negative perception and behavior connection.

Therapeutic Relationship

Therapist is model of true authenticity

especially in accepting the unknown, while taking initiative in making it known- for client and Therapist, individually & together. Relationship is most powerful tool

Examples

- **Supportive Expressive (SE) Therapy**
- **Logotherapy**
- **Phenomenological Therapy**

Might be great for you if...

- Part of you feels like you're living a fraudulent version of your life
- You want something deeper that answers to cause, effect, and solution
- You want therapy to feel like a more relaxed, long term relationship/ process
- You're tired of therapists a). being too distant b). focusing on a specific behavior, emotion, or problem
- Want to understand why you are the way you are on a whole and want to find purpose in that

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Therapies w/ direct focus on early experiences

Psycho-dynamic Therapies

Outlook & Principals

Past experiences shape people into the versions of themselves they are today.

Understanding the past, reveals unconscious messages about one's needs, urges, and desires from back then, and today. Alleviate problematic behavior & emotions, by first understanding their purpose and origins.

Healing Process

Look at upsetting things in the present, to find unconscious needs originating in the past.

Resolve what might've been needed back then, to inform what current desires and/ or be urges should be acted on to meet needs behind what's upsetting now, ie. bring the unconscious into consciousness.

Therapeutic Relationship

Trust, empathy, and boundaries.

Therapist limits or eliminates self-disclosure to maintain focus on client and have the option of utilizing transference, (ie. using the emotions clients project on Therapist, as opportunities for interactions that might help meet client needs in other relationships, past or present ones).

Examples

- Ego State Therapy
- Jungian Therapy
- Adlerian Psychotherapy
- Dynamic Supportive Psychotherapy
- Interpersonal Therapy

Might be great for you if...

- Part of you know many of your present issues are related to things that occurred early on in your life
- Feel comfortable digging into the past, because you know it'll have the most thorough effects on your future
- Are tired of avoiding the past
- Want answers and solutions at any cost
- Value results and understanding more than a close relationship with your therapist

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Enjoyed this much?

CHECK OUT OTHER FREEBIES HERE

Freebies Folder

-OR-

S U B S C R I B E

to my email list through my website, for more practical tips, tools, and guides on all things mental health therapy, EMDR (my specialty), and relationships.

xoxo,
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