WELCOME TO

Well-being With Confidence: Finding Your Therapeutic Fit

IN THE CHAT: WHAT IS ONE QUESTION YOU HAVE ABOUT THE PROCESS OF FINDING THE RIGHT THERAPIST?

PLEASE TURN ON YOUR CAMERA MUTE YOUR MIC GET COMFY
 "MENTAL HEALTH IS THE REVOLUTIONARY POLITICAL SPACE FOR BLACK PEOPLE."

BELL HOOKS
#GRATITUDE

THE DUWAMISH PEOPLE
THE COAST SALISH PEOPLE
MY ANCESTORS

ARTIST TRUST

YOU

#GOALS

GUIDANCE

CLARITY

RESOURCES
Pro-Tip

Perspective

Product - Toss it!

Process - Trust it!

Progress - Try it!
Therapeutic Fit: Consider This

- Comfort/Relationship/Cultural Relevance
- Experience/Training/Specialty
- Therapeutic Approach/Method/Philosophy
Assessment of Your View of Human Nature and Conceptual Orientation

In order to determine with which view of human nature and theoretical perspective you are most affiliated, read each of the following survey questions, and respond to each on a scale from 0 (don’t believe the statement at all) to 10 (feel certain the statement is true).

Your results will be shown at the conclusion of the survey

Click the Blue Arrow to Begin the Survey...

http://ww2.odu.edu/people/e/eneukrug/therapists/survey.html
### Stories of the Great Therapists

Your scores represent the percent of items you endorsed in each theoretical area as well as the percent of items you endorsed for the combined theories in a specific conceptual orientation (psychodynamic, existential-humanistic, cognitive-behavioral, and post-modern).

<table>
<thead>
<tr>
<th>Theoretical Area</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychoanalysis</td>
<td>53%</td>
</tr>
<tr>
<td>Analytical</td>
<td>38%</td>
</tr>
<tr>
<td>Individual Psychology</td>
<td>58%</td>
</tr>
<tr>
<td>Psychodynamic Score</td>
<td>50%</td>
</tr>
<tr>
<td>Behavioral</td>
<td>71%</td>
</tr>
<tr>
<td>REBT</td>
<td>65%</td>
</tr>
<tr>
<td>Cognitive Behavioral</td>
<td>68%</td>
</tr>
<tr>
<td>Reality Therapy</td>
<td>53%</td>
</tr>
<tr>
<td>Cognitive-Behavioral Score</td>
<td>64%</td>
</tr>
<tr>
<td>Existential</td>
<td>58%</td>
</tr>
<tr>
<td>Person-Centered</td>
<td>55%</td>
</tr>
<tr>
<td>Gestalt</td>
<td>68%</td>
</tr>
<tr>
<td>Existential Humanist Score</td>
<td>60%</td>
</tr>
<tr>
<td>Narrative</td>
<td>73%</td>
</tr>
<tr>
<td>Solution-Focused</td>
<td>56%</td>
</tr>
<tr>
<td>PostModern Score</td>
<td>65%</td>
</tr>
</tbody>
</table>

Roll your mouse over each graph for an explanation of each conceptual orientation.
Recommended Readings:

- **It’s Not Always Depression**
  - Working the Change Triangle to Listen to the Body, Discover Core Emotions, and Connect to Your Authentic Self
  - Hilary Jacobs Hendel, LCSW
  - Foreword by Diana Fosha, PhD

- **My Grandmother’s Hands**
  - Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
  - Resmaa Menakem, MSW, LICSW, SEP

- **Oppression and The Body**
  - Roots, Resistance, and Resolutions
  - Edited by Christine Caldwell and Lucia Bennett-Leighton
LETS STAY TOGETHER

253-260-6139

DALISHA.PHILLIPS@LOVELIGHTENERGYARTTHERAPY.COM

@LOVE_LIGHT_ENERGY_ART_THERAPY

Drop-In and Decompress
with Art Therapist Dalisha P.

Guided Meditation, Mindfulness, and Discussion.
Tuesdays 4-5PM PST
November 23 2021 Through December 28 2021

Zoom Meeting ID: 839 5367 8118
Passcode: DECOMPRESS