



UNLOCK YOUR PATH

Becoming familiar with
body and mind
modalities

RICHARD LISTENS
RICHARD OELBERGER, Ph.D.

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CHOOSING A MODALITY

There are many paths to achieving our personal goals for improving our relationships and our self-confidence in overcoming life's challenges. A qualified practitioner can work assist you in finding the most suited the modality so you can summon solutions from within. Below are a few modalities that can serve as a catalyst for change.

SOMATIC EXPERIENCE

- Examine how stress, emotions, and experience can be held in the body
- Can be effective for those who experienced trauma, abuse, and stress
- Connect to the intrinsic ability of the body to heal, reset, and redefine your state

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

- Focus on eye movement and the dream state to avoid harmful patterns
- For those looking to navigate and create their own story, among the automated, repetitive accounts stored in the brain from negative experience
- Begin to live a life free from painful narratives

CBT (COGNITIVE BEHAVIORAL THERAPY)

- Explore the connection between thoughts, moods, and feelings
- Address stress, anxiety, and depression
- Reclaim our own happiness and sense of self-direction by reframing our relationship to the world around us

MOTIVATIONAL INTERVIEWING & MENTAL SKILLS TRAINING

- Reflecting on situations, judgment-free, and make decisions for tangible change
- Reevaluation and recalibration for those who combat high levels of stress
- Create the sensory visualizations that can help you manifest a new vision for yourself