

## Cognitive Behavioral Therapy (CBT)

- Focuses on identifying and changing negative thought patterns and behaviors.
- Typically short-term and goal-oriented.

## Dialectical Behavior Therapy (DBT)

- A form of CBT designed for individuals with intense emotional responses.
- Emphasizes mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.

## Interpersonal Therapy (IPT)

- Addresses problems in relationships and social functioning.
- Short-term therapy focused on improving communication and social skills.

## Behavior Therapy

- Focuses on changing unhealthy behaviors through reinforcement and conditioning.
- Utilizes techniques like exposure therapy and behavior modification.

## Couples Therapy

- Focuses on improving communication and resolving conflicts between partners.
- Utilizes various techniques to enhance emotional intimacy and relationship satisfaction.

## Eye Movement Desensitization and Reprocessing (EMDR) Therapy

- Designed to help individuals process and heal from traumatic experiences.
- Involves the natural healing system while recalling distressing memories to reduce their emotional impact in the nervous system.

## Prolonged Exposure Therapy

- A form of cognitive-behavioral therapy for treating post-traumatic stress disorder (PTSD).
- Encourages individuals to confront and process their traumatic memories through repeated exposure.

## Ego State Therapy

- Addresses different parts of an individual's personality or "ego states" that may be in conflict.
- Aims to integrate and harmonize these states to achieve emotional well-being.

# EAP

EMPLOYEE ASSISTANCE PROGRAM

## Therapies and Concepts

### Family Systems Therapy

- Focuses on the family as an interconnected system, rather than on individual members.
- Aims to improve family dynamics, communication, and relationships within the family unit.

### Grief Therapy

- Provides support and guidance for individuals coping with loss and bereavement.
- Utilizes various therapeutic techniques to help individuals process their grief and find ways to move forward.

## We Believe

- In a client-centered approach where individuals take an active role in their own therapeutic process.
- When collaboration occurs, personal goals are set and work towards achieving them transpires.
- In a personal growth model where clients focus on self-awareness, self-esteem, and resiliency.
- Therapy should be customized to meet a client's unique needs.
- In respecting each client's personal beliefs and values.