

THERAPY

Psychotherapy is an interactive process that involves identifying, processing, and overcoming emotional, behavioral, and social difficulties that are impacting a client's quality of life. Within the context of therapy, the client is guided to learn about his/her personality, thought and behavioral patterns, and social-developmental influences; and in turn take positive steps to make transformational changes in their life. There are various psychotherapy modalities which can be utilized (i.e. CBT, psychodynamic, etc) depending on the individual client's presenting concerns and on the experience of the qualified mental health professional which will be working with the client.

The process begins with a comprehensive intake, which involves administering standardized screening tools for depression, anxiety, and behavioral difficulties. This is followed by gathering pertinent background information about early development, family and relationship dynamics, medical history, and current stressors. A case conceptualization is then formulated and a treatment plan is then generated, which includes goals and objectives. After that the clinician and client meet on a weekly or biweekly basis whereby tools and techniques are delivered, via talk therapy and in-session exercises, to assist the client in reaching the identified goals.

ASSESSMENT

Psychological assessments involve administering standardized tests that assist in the process of diagnosis and treatment planning. There are multiple types of assessments which include intellectual, educational, emotional, behavioral, and personality measures. It is imperative that assessments be administered by a qualified professional so as to factor in cultural influences, background information, and current symptoms.

The process begins with gathering all relevant background information, from the client and other relevant sources. It is then decided, depending on the presenting concerns, which assessment measures will be administered. After that an integrated report is generated which details diagnosis, recommendations, and prognosis.

TRAINING

Our training program is tailored for educational, community, and corporate institutions. On an educational and community level, we offer workshops, presentations, and discussion forums on a wide range of psychological topics which are individually prepared based on the needs of each institution. For corporate institutions, our training programs are developed based on employee assistance and corporate coaching theories, techniques and methodologies. As psychologists and training consultants, we meet with the Human Resources department and management to identify likely obstacles and then develop a tailored program to tackle the presenting concerns; the modality of which can range from individual coaching sessions to departmental workshops.