

Professional Accountabilibuddies

To shape and modify your behavior, connecting with a behaviorally oriented clinician may be helpful. Eliminating unwanted behaviors and reinforcing desirable actions is the goal of behavioral interventions and therapies.

Maladaptive coping mechanisms born out of FOO (family of origin), ROO (religion of origin), COO (culture of origin), or SOO (society of origin) wounds may be incredibly resistant to change. Behaviors that have become entrenched, difficult to stop, or potentially harmful may require professional intervention. Remember, there is no shame in asking for help. Vulnerability is a strength.

Coping with and managing stress, negative emotions, and trauma, or just dealing with life's problems, may require professional help. Finding a therapist and a psychological or psychiatric intervention that best fits you may depend upon your temperament, learning style, attention span, activity level preference, etc. Here are a few options:

Cognitive Therapies

Psychoanalysis
Cognitive Processing Therapy
Mindfulness-Based Cognitive Therapy
Dialectical Behavior Therapy
Acceptance and Commitment Therapy
Cognitive Behavioral Therapy
Eye Movement Desensitization & Reprocessing
Solution-Focused Therapy
Guided Meditation
Gestalt Therapy
Existential Therapy
Humanistic Therapy

Affective Therapies

Emotion-Focused Therapy
Client-Centered Counseling
Affective-Cognitive-Behavioral Therapy
Psychodrama or Experiential Therapy

Behavioral Therapies

Applied Behavior Analysis
Rational Emotive Behavior Therapy
Exposure Therapy
Dialectical Behavior Therapy
Cognitive Behavioral Therapy
Chemical Dependency Counseling
Aversion Therapy
Systematic Desensitization
Contingency Management Contracting
Extinction Management
Acceptance & Commitment Therapy
Coaching & Skills Training

Somatic Therapies

Bio- & Neurofeedback
Yoga & Meditation
Somatic Experiencing Therapy
Sensorimotor Therapy
Tapping