

GAPS MASTERCLASS



Emotional Care & Therapies Outside of Food

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IT'S IMPORTANT TO KNOW

- One can eat all the proper foods and supplements, but still be "stuck" in negative brain pathways and abnormal brain cell circuitry
- There are holistic modalities that combine with traditional psychotherapy for comprehensive help for mind, body and soul

INTRO TO THERAPY & PSYCHOTHERAPY

It is wonderful when nutritional therapy elicits effective change in our health and mental wellness. Sometimes nutritional therapy can be all the more helpful when combined with counseling or other therapeutic modalities, forming a powerful partnership for change in your life, or your child's. In this QuickSheet, I will outline some of the therapies available (there are around 100+ different types of therapies with new ones emerging on a consistent basis).

First some definitions:

Therapy - healing quality or power, the treatment of physical, mental, or social disorders or disease.

Counseling - advice or guidance, especially as solicited from a knowledgeable person.

Psychotherapy - The treatment of mental and emotional disorders with psychological techniques designed to encourage communication of conflicts and insight into problems, with the goal being relief of symptoms, changes in behavior leading to improved social and vocational functioning, and personality growth.

Leading therapy modalities

The following list is certainly not an exhaustive one, but is a list that I hope will get you started. Some cautionary notes: You will need to search for the right therapy for you. For example, a woman whose olfactory (smell) areas of the brain are not activating optimally may receive much positive benefit from aromatherapy, and multiple systems of the body may be stimulated...muscle tone, digestion, mood, etc. The same may not be true for someone whose olfactory areas work just fine.

Along those same lines of bio-individuality, you need to choose the right therapist, for you. You may choose a good therapy, but end up with a therapist who uses it in an unhelpful way, so it is important who you choose.

- **ABA, or Applied Behavior Analysis** - Helps teach children to respond appropriately to external stimuli through positive reinforcement. This therapy has been widely used for autistic children and those with Aspergers. It could also be helpful with ADD and ADHD. Some parents have opted for RDI therapy as an alternative to ABA instead. For more information about ABA [click here](#).
- **Animal Assisted Psychotherapy** - This is a therapy where animals, especially horses, are part of the therapy program. Animal therapy can reduce stress, increase endorphins, and lower heart rate and blood pressure. Look further [here](#) and [here](#). Click [here](#) for the [Equine Assisted Growth & Learning Association](#).
- **Aromatherapy/Dance/Music/Play/Poetry Therapies** - I combine dance and music as a personal favorite. Sensory based stimulations of multiple kinds are important for positive brain chemistry. For more info click on each linked therapy above.

- **Art Therapy** - Art therapy (with a trained art therapist) uses a person's free and creative expression to help with anxiety, depression, addiction, trauma, problem solving and more. Learn [more here](#).



- **Biofeedback/Neurofeedback** - The person learns their body's mechanisms and responses to stimuli and the environment and through this self awareness is better able to control muscles and physical reactions, even heart rate and blood pressure, as well as anxiety and impulse control. You can find more information [here](#) and look for a practitioner [here](#).
- **CBT, or Cognitive Behavioral Therapy** - Traditional therapy between a therapist and patient, which may use a range of different therapies such as journaling, mindfulness, relaxation, challenging beliefs, etc. For more info [click here](#).
- **EMDR, or Eye Movement Desensitization & Reprocessing** - This therapy is becoming well known for it's effectiveness with Post Traumatic Stress Disorder, or PTSD. This one hits home personally as

I have had a very good friend experience amazing breakthroughs with severe PTSD by doing EMDR. Find a [clinician here](#).

- **EFT, or Emotional Freedom Technique** - EFT uses tapping along acupuncture energy meridians to release negative thoughts, sensations, and feelings. It is reported to help with chronic pain, emotional problems, disorders, addictions, phobias, post traumatic stress disorder, and physical diseases. Visit [this website](#) for information. For a fun demo of online business guru Marie Forleo trying out EFT with tapping expert Nick Orton, [click here](#).
- **Massage Therapy** - Massage stimulates muscles and their nerve receptors, which affects the brain's pathways that activate dopamine release (our pleasure and reward neurotransmitter) This may also reduce stress responses in the brain and improve immune function.
- **Mindfulness Based Cognitive Therapy** - MBCT incorporates yoga, meditation and breathing and helps with various medical ailments, chronic pain, anxiety, panic, etc. For more info [click here](#).
- **RDI, or Relationship Development Intervention** - RDI is a therapy option for those with autism. The program's core philosophy is that individuals with autism can participate in authentic emotional relationships if they are exposed to them in a gradual, systematic way. It involves not just an autistic child but the whole family as well. For more information please check out [RDICoconnect's website](#).

When to Consider Therapy

Food and targeted supplements are powerful (that is why I'm a GAPS & Nutritional Therapy Practitioner!). However, I will not be so ignorant as to say they are the only healing modalities. Most of the above therapies are gentle and noninvasive. On the contrary, especially with young children, the more help that can be given, the better. Abnormal brain

cell circuits need to be unlearned and normal ones built. Those who apply nutritional therapy along with other ways of teaching the brain and the body will get more out of their nutrition and will advance farther overall towards their health and wellness goals.

Steps For Getting Started

Spend some time exploring the different modalities and determining if one or some of them resonates with you, as well as determining what room in your budget you can make for supplemental help.

RESOURCES AND ARTICLES

For a fairly comprehensive list of therapies and more info please visit:

<http://www.goodtherapy.org/types-of-therapy.html>

<http://www.eagala.org/>

<http://www.emdr.com/>

<http://www.scientificamerican.com/article.cfm?id=can-eye-movements-treat-trauma>

http://en.wikipedia.org/wiki/Eye_movement_desensitization_and_reprocessing

<http://abatherapists.com/>

<http://www.equine-therapy-programs.com/therapy.html>

<http://www.animaltherapy.net/Premise%20%26%20Promise.html>

<http://www.naha.org/>

<http://www.rdiconnect.com/pages/about-us.aspx>

<http://www.thetappingsolution.com/what-is-eft-tapping.php>

Now...I would love to hear from you! Application is powerful, so let me know on the Facebook group what insights you have gained, what comments you might have, and the ways in which you applied this. Thanks!