

Statement of Therapeutic Orientation

I, Dianna North, hold a Masters degree in Holistic Counseling from Salve Regina University in Rhode Island (1993). I am also certified through the National Association of Rubenfeld Synergists in the Rubenfeld Synergy Method® after completing their 1500+ hour training (1991). In addition to the above, I incorporate elements of Eclectic and Feminist modalities in my work.

HOLISTIC COUNSELING:

Holistic counseling focuses on the whole self, feelings, thoughts, and beliefs, and looks at how these are connected to the body. The holistic counselor understands that personal health also depends upon connecting to the human community and the natural world.

A holistic counselor is a professional counselor who...

- possesses at least a master's degree in counseling from an accredited university
- is trained in both mental health and holistic principles and skills
- views the therapeutic process as a collaborative relationship between counselor and client
- honors the client's inherent capacity for healing, wholeness, meaning, and purpose
- facilitates the awareness, expression, and integration of mind, body, and spirit
- abides by a professional code of ethics.

Holistic practices are based on the recognition that...

- all systems are self-organizing, self-maintaining, and self-healing
- each entity consists of body, mind/ emotions, spirit, environment, and roles played within relationships
- wellness is achieved and maintained through balance in all areas of one's life
- healing comes from within and also depends on relationships and community
- holistic approaches are complementary to conventional methods
- holistic practitioners must extend their services skillfully, respectfully, and ethically.

RUBENFELD SYNERGY:

Method

The Rubenfeld Synergy Method® is a body-mind therapy integrating body, mind, emotion and spirit. RSM helps the client to listen to the body while becoming aware of habitual patterns, and eventually decoding their messages. The goal is to make lasting improvements in one's daily life and relationships. The uniqueness of Rubenfeld Synergy lies in the combination of talk with gentle movement which allows the client to explore levels that are difficult to access through talk alone.

The Rubenfeld Method is a synergy of Gestalt therapy, and guided, therapeutic movement. Gestalt therapy focuses on the individual's experience in the present moment, the environmental and social contexts in which these things take place, and the adjustments people make as a result of the overall situation. It emphasizes personal responsibility. The objective of the therapy, in addition to helping the client overcome symptoms, is to enable him or her to become free from the blocks and unfinished issues that may diminish optimum satisfaction, fulfillment, and growth.

FEMINIST THERAPY:

Feminist therapy acknowledges that women are in a disadvantaged position in the world due to sex, gender, sexuality, race, ethnicity, religion, age and other categories. There is a recognition that many problems faced by clients (men and women) are a result of disempowering social forces. The goal of therapy is to become aware of these forces and to empower the client to move beyond them. In a feminist therapy setting, the therapist and client work collaboratively. There is an appreciation for the client's personal power and capability, and a realization that with every symptom, there is an underlying strength to be uncovered.

ACTUALIZING THERAPY

Actualizing therapy is a positively oriented system of therapy with innovative features designed to motivate clients to move toward self-actualization (the ongoing process of growth toward utilizing one's full potential). It takes the perspective of appreciating the creativity involved in the client's attempts to survive in the world. The therapeutic process is seen as a gradual replacing of creative coping mechanisms for survival with thinking and behavior that is more inspired, healthy and growth producing. Therapy can be a process within which the individual can find the strength to stand powerfully in the world regardless of its responses.

TRANSPERSONAL THERAPY

Transpersonal psychology draws from the spiritual traditions of the world, including Eastern philosophies [such as Buddhism] and Western Contemplative traditions. These paths are integrated with contemporary psychology. In transpersonal therapy, it is essential that there be a collaborative relationship between the therapist and client. The therapist strives to be completely genuine, and present and coaches the client to do the same. The transpersonal perspective emphasizes each individual's ability to recognize and take responsibility for his/her choices and for every aspect of her/his life. The central concept in Transpersonal Psychology is self-transcendence, or connecting with a sense of identity that is deeper and broader than the small, egoic or personal self. Transpersonal therapy modalities may include: meditation, mindfulness, and guided visualization,

ECLECTIC PSYCHOTHERAPY:

Eclectic psychotherapy selects what is valid or useful from all available theories, methods, and practices. The eclectic approach rejects adherence to any one school or system, and instead utilizes what is most valid or relevant from the whole therapeutic spectrum for the individual in treatment. It is composed of contributions from many different sources, used according to whether they are valid, applicable, and indicated. The eclectic method thereby becomes a basic scientific approach to the problem of matching suitable clinical methods to the needs of specific cases.

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