

downers grove counseling and wellness

Downers Grove Counseling and Wellness: Finding Your Path to Inner Peace

Are you feeling overwhelmed, stressed, or just plain stuck? Life in Downers Grove, while beautiful, can still present challenges. Finding the right support can make all the difference in navigating those tough times and building a life filled with joy and purpose. This comprehensive guide explores the vital role of counseling and wellness in Downers Grove, offering insights into available services, the benefits of seeking help, and how to find the perfect fit for your unique needs. We'll delve into different types of therapy, the importance of self-care, and practical steps you can take to prioritize your mental and emotional wellbeing. Ready to embark on a journey towards a healthier, happier you? Let's begin.

Understanding the Importance of Counseling in Downers Grove

Downers Grove, like any community, faces the realities of stress, anxiety, depression, and relationship challenges. Ignoring these issues can lead to a decline in overall wellbeing, impacting not only your mental health but also your physical health and relationships. Counseling provides a safe and confidential space to explore these challenges with a trained professional. A therapist can help you understand the root causes of your difficulties, develop coping mechanisms, and build healthier patterns of thinking and behaving. This isn't about weakness; it's about proactive self-care and investing in your mental and emotional resilience.

Types of Counseling Offered in Downers Grove

The beauty of seeking counseling in Downers Grove is the diversity of services available. Therapists specializing in various approaches cater to a wide range of needs. Some common types of therapy offered include:

Cognitive Behavioral Therapy (CBT): This evidence-based approach focuses on identifying and changing negative thought patterns and behaviors. CBT is highly effective for treating anxiety, depression, and other mental health conditions.

Dialectical Behavior Therapy (DBT): DBT is particularly helpful for individuals struggling with intense emotions and self-harm behaviors. It emphasizes mindfulness, distress tolerance, and emotional regulation skills.

Acceptance and Commitment Therapy (ACT): ACT focuses on accepting difficult thoughts and feelings while committing to valued actions. It's a powerful approach for managing chronic pain, anxiety, and depression.

Trauma-Informed Therapy: This approach recognizes the profound impact of trauma and utilizes

techniques that prioritize safety, empowerment, and collaboration.

Couples and Family Therapy: These therapies address relationship challenges by improving communication, conflict resolution, and family dynamics.

Many therapists in Downers Grove offer a combination of these approaches, tailoring their treatment to meet the individual needs of their clients.

Finding the Right Downers Grove Counseling and Wellness Provider

Choosing a therapist is a personal decision. Finding the right fit is crucial for a successful therapeutic experience. Consider these factors when searching for a counselor in Downers Grove:

Specialization: Ensure the therapist has experience treating your specific concerns. Look for therapists specializing in areas like anxiety, depression, trauma, or relationship issues.

Therapeutic Approach: Research different therapeutic approaches to determine which aligns with your preferences and needs.

Insurance Coverage: Check if your insurance plan covers mental health services and if the therapist accepts your insurance.

Reviews and Testimonials: Read online reviews and testimonials to get a sense of other clients' experiences.

Comfort Level: Schedule a consultation or initial meeting to see if you feel comfortable and connected with the therapist. A strong therapeutic relationship is essential for effective treatment.

Integrating Wellness Practices into Your Life

Counseling is a powerful tool, but it's often most effective when combined with proactive wellness practices. Integrating these self-care strategies into your daily routine can significantly enhance your mental and emotional wellbeing:

Mindfulness and Meditation: Regular mindfulness practice can help reduce stress, improve focus, and enhance self-awareness.

Physical Activity: Exercise releases endorphins, which have mood-boosting effects. Find activities you enjoy, whether it's walking, running, yoga, or team sports.

Healthy Diet: Nourishing your body with wholesome foods provides the energy and nutrients needed for optimal mental and physical health.

Sufficient Sleep: Aim for 7-9 hours of quality sleep each night to allow your body and mind to rest and rejuvenate.

Social Connection: Maintain strong social connections with family, friends, and community members. Social support is crucial for mental wellbeing.

Hobbies and Interests: Engage in activities you enjoy to reduce stress and promote a sense of fulfillment.

The Benefits of Prioritizing Downers Grove Counseling and Wellness

Investing in your mental and emotional wellbeing is not a luxury; it's a necessity. The benefits of seeking counseling and incorporating wellness practices into your life are numerous:

Reduced Stress and Anxiety: Effective coping mechanisms help manage stress and reduce anxiety levels.

Improved Mood and Emotional Regulation: Therapy provides tools to manage negative emotions and build emotional resilience.

Strengthened Relationships: Improved communication skills and conflict resolution strategies enhance relationships.

Increased Self-Awareness: Understanding your thoughts, feelings, and behaviors leads to greater self-acceptance and personal growth.

Enhanced Productivity and Focus: Reduced stress and improved mental clarity lead to increased productivity and focus.

Improved Physical Health: Mental wellbeing is closely linked to physical health. Addressing mental health concerns can have positive impacts on overall physical health.

Conclusion

Downers Grove offers a wealth of resources for individuals seeking counseling and wellness support. Prioritizing your mental and emotional health is a vital step towards living a fulfilling and meaningful life. By combining professional counseling with proactive self-care practices, you can build resilience, navigate life's challenges with greater ease, and cultivate a deeper sense of inner peace and well-being. Remember, seeking help is a sign of strength, not weakness. Take the first step today and begin your journey towards a healthier, happier you.

FAQs

1. How much does counseling in Downers Grove typically cost? The cost of counseling varies depending on the therapist, their experience, and your insurance coverage. Many therapists offer sliding-scale fees to make their services accessible. It's best to contact therapists directly to inquire about their fees and insurance policies.

1. Is my information confidential in therapy? Yes, information shared in therapy is generally

confidential, protected by laws and ethical guidelines. There are limited exceptions, such as in cases of suspected harm to self or others. Your therapist will discuss these exceptions with you during your initial session.

1. How long will I need therapy? The duration of therapy varies depending on individual needs and goals. Some individuals may benefit from short-term therapy, while others may require longer-term support. Your therapist will work with you to develop a treatment plan that meets your specific needs.

1. What if I'm not sure what type of therapy is right for me? Many therapists offer free consultations or initial meetings where you can discuss your needs and determine if they are a good fit for you. Don't hesitate to try different therapists until you find one that you connect with.

1. How can I find a therapist who specializes in a specific area, like trauma or anxiety? Many online directories list therapists by specialty and location. You can also search for therapists on your insurance company's website or ask your primary care physician for recommendations. Look for therapists who explicitly state their specializations on their website or profiles.

downers grove counseling and wellness: Developing Clinicians of Character Terri S. Watson, 2018-04-17 Terri S. Watson equips you to excel in the helping profession within a helping profession as you provide clinical supervision for other mental health workers. Grounding our thinking in the historic and contemporary wisdom of virtue ethics, this resource aims to identify and strengthen supervision's important role for character formation in the classroom, in continuing education for practitioners, and in clinical settings.

downers grove counseling and wellness: *Grace-Based Counseling* Richard A. Fowler, EdD, Natalie Ford, PhD, 2021-08-03 You speak God's truth when you counsel. But do you also communicate His grace? The Christian counselor or pastor plays an important role in helping people process the trauma they've experienced. Too often, a client leaves the counselor's office with feelings of guilt and shame. They feel the heavy burden of what they did wrong. But somehow, they've missed the grace of God that makes things right again. A counseling model that stays true to a biblical worldview will overflow with grace . . . not cheap grace, but real grace that acknowledges sin while offering a hopeful path to redemption and healing. In *Grace-Based Counseling*, professional counselors Richard Fowler and Natalie Ford offer a model that blends the truths of Scripture, the science of psychology, and the everlasting hope of the gospel. In this book you will find: New, grace-based counseling model Detailed application of the model, with case studies Practical toolbox with surveys, assessments, and counseling helps A Christian counseling model can't just be about admonishment. That approach only leads to shame and human efforts that are doomed to fail. But when the gospel is brought to bear in the counseling relationship, real life change is possible. Then

the counselor becomes an instrument of divine grace in the hands of a faithful God.

downers grove counseling and wellness: Ready, Set, Go! Sandra Rasmussen, 2015-02-10 This book is for people in recovery. We ask and answer basic questions about addiction, relapse, and recovery. We believe addiction is a primary, chronic disease of brain reward, motivation, memory, and related circuitry, characterized by craving, loss of control, physical dependence, and tolerance. Genetics, together with bio-psycho-social-spiritual factors, account for the likelihood a person will develop an addiction or related disorder. Relapse happens: a return to drinking, using, other addictive behavior, or an increase in harm from addiction. Yet, recovery is an idea whose time has come. Recovery is a different, better way of life with purpose and meaning. We suggest addiction management as a way recovering people can maintain change (abstinence or harm reduction), reduce risks for relapse, prevent relapse, develop a recovery lifestyle, confront relapse when necessary, and achieve well-being. Current research, recognized theories, and the lived experiences of hundreds of people in recovery ground and guide book content. The book has three parts and fifteen chapters. A person in recovery introduces each chapter. We show how to develop, implement, and evaluate addiction management plans. Each chapter ends with summary statements and addiction management applications. References and a list of websites complete the book. Family and friends of recovering people will find the material useful. Addiction professionals can use the book to help clients realize recovery and prevent relapse. Are you ready? Get set. Go!

downers grove counseling and wellness: Family Wellness Skills: Quick Assessment and Practical Interventions for the Mental Health Professional Joseph Hernandez, 2013-04 A psycho-educational model for assessing individuals and families. In *Family Wellness Skills*, Joseph Hernandez, a longtime Family Wellness trainer and practitioner, shares the foundational concepts of the Family Wellness model to make it accessible to an even broader audience. In it, he provides mental health professionals with a map to guide their clients from recognizing a need for change, to deciding to make a change, to achieving change itself. Hernandez lays out the core ideas behind Family Wellness—chief among them, balancing individuality with connection; fostering skills for interpersonal health (speaking, listening, and cooperating); and developing and maintaining patterns that work for families (mutual respect, parents in charge, interdependence, and expecting change). He shows all helping professionals how to develop effective treatment plans and practical interventions that take into account a family's inherent assets. *Family Wellness Skills* provides a complete, handy guide to the key points of this successful treatment model, so any mental health professional can help families discover and develop their gifts and abilities, making for stronger, healthier relationships.

downers grove counseling and wellness: Counseling and Psychotherapy Siang-Yang Tan, 2022-04-19 This substantially revised and updated edition of a widely used textbook covers the major approaches to counseling and psychotherapy from a Christian perspective, with hypothetical verbatim transcripts of interventions for each major approach and the latest empirical or research findings on their effectiveness. The second edition covers therapies and techniques that are increasing in use, reduces coverage of techniques that are waning in importance, and includes a discussion of lay counseling. The book presents a Christian approach to counseling and psychotherapy that is Christ-centered, biblically based, and Spirit-filled.

downers grove counseling and wellness: A Theology of Biblical Counseling Heath Lambert, 2016-04-05 Since the beginning of the biblical counseling movement in 1970, biblical counselors have argued that counseling is a ministry of the Word, just like preaching or missions. As a ministry, counseling must be defined according to sound biblical theology rather than secular principles of psychology. For over four decades, biblical theology has been at the core of the biblical counseling movement. Leaders in biblical counseling have emphasized a commitment to teaching doctrine in their counseling courses out of the conviction that good theology leads to good counseling...and bad theology leads to bad counseling. *A Theology of Biblical Counseling* is a landmark new book that covers the history of the biblical counseling movement, the core convictions that underlie sound counseling, and practical wisdom for counseling today. Dr. Heath Lambert shows how biblical

counseling is rooted in the Scriptures while illustrating the real challenges counselors face today through true stories from the counseling room. A substantive textbook written in accessible language, it is an ideal resource for use in training biblical counselors at colleges, seminaries, and training institutes. In each chapter, doctrine comes to life in real ministry to real people, dramatically demonstrating how theology intersects with the lives of actual counselees.

downers grove counseling and wellness: Counseling and Christianity Stephen P. Greggo, Timothy A. Sisemore, 2012-08-02 This book provides a forum for five major perspectives on the interface of Christianity and psychology to display their distinctions in a counseling context. Experts in each approach show how to assess, conceptualize, counsel and offer aftercare to a hypothetical client with a variety of complex issues.

downers grove counseling and wellness: Peterson's Graduate & Professional Programs: An Overview--Profiles of Institutions Offering Graduate & Professional Work Peterson's, 2011-06-01 Graduate & Professional Programs: An Overview--Profiles of Institutions Offering Graduate & Professional Work contains more than 2,300 university/college profiles that offer valuable information on graduate and professional degree programs and certificates, enrollment figures, tuition, financial support, housing, faculty, research affiliations, library facilities, and contact information.

downers grove counseling and wellness: Enriching Awareness and Practice in the Pastoral and Reflective Supervision of Clergy Peter Madsen Gubi, 2023-05-12 Enriching Awareness and Practice in the Pastoral and Reflective Supervision of Clergy increases and enriches the awareness, knowledge, and skills of pastoral and reflective supervisors who work with clergy in a pastoral/reflective supervision context. The content is also applicable to supervisors within a Clinical Ministerial Education context, and to all clergy who want to develop their awareness of, and skills in, interpersonal dynamics. This book explores themes such as theological reflection in pastoral/reflective supervision, the place of prayer in pastoral/reflective supervision, working with stuckness in pastoral/reflective supervision, understanding trauma in pastoral/reflective supervision, working with shame in pastoral/reflective supervision, developing an awareness of culture and diversity in pastoral/reflective supervision, the importance of self-care in pastoral/reflective supervision, and understanding context in pastoral/reflective supervision.

downers grove counseling and wellness: FAITHFUL MINDS Edward D. Andrews, 2023-02-24 FAITHFUL MINDS is a comprehensive guide that combines the principles of Biblical counseling with Cognitive Behavioral Therapy to help readers achieve emotional and mental wellness. This book explores the intersection of these two disciplines, offering practical advice and guidance for those seeking to improve their mental health through a faith-based approach. Drawing on Biblical teachings and psychological insights, the author provides a step-by-step guide to understanding the root causes of emotional struggles and negative thinking patterns. Readers will learn how to identify and challenge negative thoughts and beliefs, develop healthy coping mechanisms, and cultivate a more positive and resilient mindset. This book is an essential resource for anyone seeking to improve their mental and emotional health through a faith-based approach. It offers practical guidance, insightful anecdotes, and helpful exercises to help readers apply the principles of Biblical counseling and CBT to their daily lives. Whether you are struggling with anxiety, depression, or other emotional challenges, FAITHFUL MINDS offers a path to healing and renewed hope. Throughout this book, certain phrases and scriptures are repeated for emphasis, as a way of inculcating them into your way of thinking. This is a technique that Jesus also used, where he repeated his points to ensure that it was well established in the minds of his listeners. Repetition not only aids in memory but can also be used to effectively highlight key ideas and help your audience to understand them clearly. A good example of this is found in the book of Proverbs, where God inspired Solomon to repeat certain proverbs almost word-for-word, in order to convey knowledge and sharpen understanding.

downers grove counseling and wellness: *Out!* , 1993

downers grove counseling and wellness: Faith and Health Thomas G. Plante, Allen C.

Sherman, 2001-08-02 This volume reviews and integrates the growing body of contemporary psychological research on the links between religious faith and health outcomes. It presents up-to-date findings from empirical studies of populations ranging from healthy individuals to those with specific clinical problems, including cancer, HIV/AIDS, and psychological disorders. Drawing on multiple perspectives in psychology, the book examines such critical questions as the impact of religious practices on health behaviors and health risks; the role played by faith in adaptation to illness or disability; and possible influences on physiological functioning and mortality. Chapters reflect the close collaboration of the editors and contributing authors, who discuss commonalities and differences in their work, debate key methodological concerns, and outline a cohesive agenda for future research.

downers grove counseling and wellness: Counseling and Spirituality , 2006 This casebook balances personal experience with knowledge and skills to provide a basis of information about spiritual approaches to counseling and how to employ them. Cases from counselors who have used spirituality in their practice demonstrate its use with a variety of approaches and specific groups.

downers grove counseling and wellness: Healing Circles Joy Davy, 2015-03-21 Healing Circles: Grieving, Healing, and Bonding with Our Animal Companions, is a guide for those grieving the loss of a cherished pet, as well as a celebration of the healing bond between people and their animals. This book contains practical suggestions for working through pet grief, along with accounts of how other people have experienced loss, healing, and bonding. Joy Davy, a Licensed Clinical Professional Counselor with a special focus on Pet Grief, offers insights into the depth of the human-animal bond, as well as ways to grow through the pain of bereavement. The intense pain we may experience after the death of a pet is called a disenfranchised grief, meaning it is a grief that society does not recognize. Healing Circles gives reassurance and comfort, and offers the words to teach others to respect your loss. You will find a guided imagery for re-connecting with your pet and some ideas for memorializing the bond. You will find an exploration of how children and your other pets may experience grief, and how to help them, and a discussion of when to consider bringing another animal companion home, and how to create a loving bond with that pet. Throughout this book, you will see examples of how animals heal us, and how we heal them, as well. Our bonds with animals are uncomplicated by grudges, criticisms or judgments. Many people today find that their greatest emotional support comes from their pets. We are more stressed than ever before. We are nutritionally impoverished, sleep-deprived, frazzled from over-scheduling and trying to multi-task. The human beings we love may not be present for us, because they are on their smart phones. And we may not be present for them, because we are tweeting and posting. Meanwhile, the cat curls herself into a perfect circle on our lap. The dog settles in next to us, nuzzling our arm, leaning against our leg. The animal is the only one who comes to find us in the blazing, buzzing, electronics-filled house. And we feel accompanied on our solitary path; we feel deeply loved; we love in return. Of course we still love our people, too. But it's the companion animal who values us enough to give us warmth and time. This meets our very deep need for connection. We appreciate that. And so, we bond. There is the pet-who-completes-a-family, the sibling-pet, the once-in-a-lifetime pet, among many other types of bonds that we create. These relationships enrich us beyond measure. Our pets' lives are short, however, and those of us who dare to love will have to face the loss that inevitably follows. This book is a guide through the dark path of pet grief, but it is also a joyful celebration of the beautiful bonds that people and animals create with each other. Healing Circles is an indispensable guide for every animal lover.

downers grove counseling and wellness: Graduate & Professional Programs: An Overview 2014 (Grad 1) Peterson's, 2014-01-09 Peterson's Graduate & Professional Programs: An Overview 2014 contains more than 2,250 university/college profiles that offer valuable information on graduate and professional degrees and certificates, enrollment figures, tuition, financial support, housing, faculty, research affiliations, library facilities, and contact information. This graduate guide enables students to explore program listings by field and by institution. Two-page in-depth descriptions, written by administrators at featured institutions, give complete details on the

graduate study available. Readers will benefit from the expert advice on the admissions process, financial support, and accrediting agencies.

downers grove counseling and wellness: The Total Cancer Wellness Guide Kim Thiboldeaux, Mitch Golant, 2007-05-11 Offers cancer survivors strategies and advice to help them address their physical, emotional, social, and practical needs while undergoing treatment, with first-person accounts in which other cancer survivors share their tips for survival.

downers grove counseling and wellness: Understanding Pastoral Counseling Elizabeth A. Maynard, PhD, Jill L. Snodgrass, PhD, 2015-06-09 Print+CourseSmart

downers grove counseling and wellness: Motifs: Dr. Don J Feeney Jr., 2008-02-18 Just as DNA determines the genetic makeup of every individual, a motif determines individual biopsychosocial, emotional, and spiritual behaviors and attitudes. This epigenetic theory of individuality describes the motif as a unique artistry of organizing principles. The author uses the concept of motif to explain physiology, behavior, and attitude and to show how each person has his or her own unique system of motifs that comprises the fabric of every level of personality. Case studies exemplify the way in which motifs manifest the self and how the core personality is understood once the individual's motif is revealed. Of interest to graduate students in psychology and clinicians and counselors in the field of humanistic and clinical psychology, holistic medicine, wellness and mind-body healing, psychobiology, and spirituality this book will bring new understanding to personality and behavior studies.

downers grove counseling and wellness: Practicing Faith Lisa Spriggins, Tim Meadowcroft, 2022-05-17 The integration of theology and social vocation invites scholars and practitioners to reach outside their discipline and into relationship with others. Out of these relationships new ways of enacting faith and informing practice can emerge. This book brings together a collection of essays engaging with the integration of theology and social vocation. Designed to reflect and invite dialogue, these authors engage with the relationship between faith and practice as it is expressed in their own area of interest and speciality. Arranged in five themed dialogues--wellbeing, formation, hospitality, therapy, and theology--each essay reflects the unique dynamics of its author's integrative process and offers something new to the ongoing conversation between theology and social vocation. This set of essays will be of interest to practitioners and students concerned to infuse their faith with their practice of vocation, to develop a practicing faith.

downers grove counseling and wellness: Insider's Guide to Graduate Programs in Clinical and Counseling Psychology Michael A. Sayette, John C. Norcross, 2020-01-20 Featuring expert advice for applying to graduate school in clinical and counseling psychology--as well as profiles of more than 300 doctoral programs--this authoritative resource has now been updated for 2020/2021. More than 150,000 prospective students have used the Insider's Guide to find the programs that meet their needs and maximize their chances of getting in. Profiles include each program's specializations or tracks, admission requirements, acceptance rates, financial aid, research areas, and clinical opportunities. A detailed time line and multiple worksheets help students complete key prerequisites, decide where to apply, develop their credentials, put together strong applications, and make an informed final decision. The 2020/2021 Edition includes profiles of 14 additional programs, plus updates about the application process.

downers grove counseling and wellness: Yoga Journal, 1998-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

downers grove counseling and wellness: Insider's Guide to Graduate Programs in Clinical and Counseling Psychology John C. Norcross, Michael A. Sayette, 2022-01-27 This book has been replaced by Insider's Guide to Graduate Programs in Clinical and Counseling Psychology, 2024/2025 Edition, ISBN 978-1-4625-5313-6.

downers grove counseling and wellness: The Long Journey Home Andrew J. Schmutzer, 2011-10-01 Maybe the only thing new about sexual abuse is quality discussion from several professions (psychology, theology, and pastoral care). Here are the insights of over two dozen psychologists, theologians, and those in pastoral care, all targeting the issue of sexual abuse. Designed as a resource for Christian educators, therapists, pastors, social workers, group leaders, and survivors, The Long Journey Home combines current research in mental health with rich theological reflection, global concern with fervent pastoral wisdom for the local faith community. Whether you are a counselor, professor, pastor, or spouse of a survivor, you hold in your hand a fresh resource of information and advocacy for those suffering from the devastating effects of sexual abuse and rape. The breadth of material, biblical insight, discussion questions, and helpful resources gathered here just may be the tool of a generation.

downers grove counseling and wellness: *Directory of Health and Human Services in Metropolitan Chicago*, 2007

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downers grove counseling and wellness: *Restoring the Shattered Self* Heather Davediuk Gingrich, 2020-03-03 Many counselors are not adequately prepared to help those suffering from complex posttraumatic stress disorder (C-PTSD). In this updated text, Heather Davediuk Gingrich provides an essential resource for Christian counselors, ably integrating the established research on trauma therapy with insights from her own thirty years of experience and an understanding of the special concerns related to Christian counseling.

downers grove counseling and wellness: *Cultural Issues in Play Therapy* Eliana Gil, Athena A. Drewes, 2021-07-23 This unique resource is now in an extensively revised second edition with more than 90% new material and an expanded conceptual framework. Filled with rich case illustrations, the book explores how children's cultural identities--as well as experiences of marginalization--shape the challenges they bring to therapy and the ways they express themselves. Expert practitioners guide therapists to build competence for working across different dimensions of diversity, including race and ethnicity, gender identity, sexual orientation, and disability. Purchasers get access to a companion website featuring chapters from the first edition on play therapy with major cultural groups: African Americans, Hispanics, Native Americans, and Asian Americans. New to This Edition *Virtually a new book; incorporates a broader definition of culture and an increased social justice focus. *Chapters on working with children of color, LGBT children and adolescents, undocumented families, and Deaf children. *Chapter on dismantling white privilege in the play therapy office. *Chapters on school bullying and on how technology is transforming play, including tips for conducting tele-play therapy.

downers grove counseling and wellness: *Adlerian, Cognitive, and Constructivist Therapies* Richard E. Watts, 2003-04-30 Over the past 20 years, there has been growing interest in integration among psychotherapy theorists and practitioners. Historically, allegiance to specific theories or systems of psychotherapy was emphasized and even expected by particular schools of thought. However, the current zeitgeist emphasizes common ground and convergent themes. Within this context is Adlerian theory/therapy, having originated in the first half of the 20th century relevant for today's integrative discussion. The diverse authors in this book demonstrate that the Adlerian approach soundly resonates with contemporary cognitive and constructivist therapies, and is indeed a relevant voice for inclusion in contemporary dialogues regarding integration. Part I includes chapters by Adlerian and Constructivist authors. Part II includes perspectives from Adlerian and Cognitive therapists. Part III presents responses to the prior chapters representing all three systems approaches.

downers grove counseling and wellness: *Created for Purpose* Robert B. Shaw Jr., 2015-02-11 We have lost our way. Many people struggle to find not just who they are but where they're going. Today the choices are seemingly endless and vast, making the discovery of one's

purpose more confusing and difficult. Or so it may seem. Men and women are able to choose from so much more of what the world can offer. As a result, people often find that what they choose may be practical but not fulfilling. We often choose what will bring us the most income and financial rewards, which is indeed important, but often at the expense of our passions and dreams—if we even know what our passions and dreams are. People are seeking happiness, when what they really want is peace and contentment. Happiness is circumstantial and fleeting. Peace and contentment are sustainable and are developed through meeting our core longing for purpose. Codes of relativism and situational ethics have especially clouded our sense of purpose. Yet, there is an answer for us to return to our true sense of purpose. With standards comes a strong, stable sense of direction. The more we distance ourselves from God, the less we know ourselves, and the more confused we are. The reason for our existence, as God has designed, is directly tied to our purpose. Come and explore, and let the truth set you free!

downers grove counseling and wellness: Science, Religion, and Health Jay Harold Ellens, 2016-11-10 Psychology and theology interface at four levels: theory development, research process, data collection, and clinical operation. At each level they connect in the model of humanness (anthropology) forming and functioning there; and in that model of humanness it is in personality theory that psychology illumines theology and that psychology illumines theology. A theologian who does not take full advantage of the way psychology illumines theology is not serious about the work of theology. A psychologist who does not take full advantage of the way theology illumines psychology is not serious about the field and practice of psychology. Science, Religion, and Health explains in readable style how that interface and mutual illumination works, and why it is crucial for Christian psychotherapists and pastors.

downers grove counseling and wellness: Religion and Spirituality in Psychotherapy Thor A. Johansen, PsyD, 2009-12-07 This book offers new possibilities for mental health professionals who are looking for ways to adapt traditional therapy and counseling techniques to address the spiritual and psychological issues their clients face. The author utilizes an Adlerian Individual Psychology perspective, which rejects biological determinism and focuses on the influence of powerful environmental factors on personality. This book provides specific methods and guidelines for applying Individual Psychology concepts to clients of each of the world's major religions, including Christianity, Judaism, Buddhism, Hinduism, and Islam. The author offers a wealth of insight into the customs, theories, and philosophies of each religion. With this knowledge, mental health professionals can use Individual Psychology methods and techniques to better understand and assist clients. Key Features Discusses how Individual Psychology can be integrated with Christian spirituality Examines the relational and social theories of Judaism as compared to Adler's theories of social interest Compares Adler's theories with the ethical, spiritual, and social systems of Islam Reviews the doctrines of Hinduism, including the belief in karma and reincarnation, the goals of life, and the paths to God Presents case examples to illustrate how psychological and spiritual problems may be approached using Adlerian psychotherapy

downers grove counseling and wellness: *Peterson's Graduate and Professional Programs* Peterson's Guides Staff, Peterson's, 2007-12 The six volumes of Peterson's Annual Guides to Graduate Study, the only annually updated reference work of its kind, provide wide-ranging information on the graduate and professional programs offered by accredited colleges and universities in the United States and U.S. territories and those in Canada, Mexico, Europe, and Africa that are accredited by U.S. accrediting bodies. Books 2 through 6 are divided into sections that contain one or more directories devoted to individual programs in a particular field. Book 1 includes institutional profiles indicating the degrees offered, enrollment figures, admission and degree requirements, tuition, financial aid, housing, faculty, research projects and facilities, and contacts at more than 2,000 institutions.

downers grove counseling and wellness: *Yoga Journal* , 2002-12 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make

lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

downers grove counseling and wellness: Illinois Services Directory , 2010

downers grove counseling and wellness: Human Care Services Directory of Metropolitan Chicago , 2000

downers grove counseling and wellness: Modern Psychopathologies Mark A. Yarhouse, Richard E. Butman, Barrett W. McRay, 2016-10-23 Mark A. Yarhouse, Richard E. Butman and Barrett W. McRay offer this revised companion volume to Modern Psychotherapies, addressing students and mental health professionals who want to sort through contemporary secular understandings of psychopathology in relationship to a Christian worldview.

downers grove counseling and wellness: Spiritual Needs & Pastoral Services Larry VandeCreek, 2010-11-01 What do spiritual needs, health care, pastoral services, religious resources, statistics, and quantitative research methods have in common? Traditional literature in the pastoral care, counseling, and education movement probably would say, Not a great deal. Indeed, the pastoral arts and sciences have tended to be high on art (especially praxis) but relatively low on science (especially quantitative research). That's too bad, claims Dr. Larry VandeCreek, who has gathered together a sample of previously published but widely scattered research reports which he hopes will inform hospital chaplains, congregational pastors, hospital personnel, and theological students on ways in which knowledge gained from carefully designed research can enhance their project of care. Selecting only quantitative research reports, the volume explores such topics as the role of spirituality in terminally ill hospitalized patients, the demonstrated helpfulness of prayer in health crisis, the possible impact of hope among women with breast cancer, the role and impact of chaplaincy services in general hospitals, as well as other studies demonstrating a variety of relationships between spirituality and health care.

downers grove counseling and wellness: Official Gazette of the United States Patent and Trademark Office , 2003

downers grove counseling and wellness: Gospel Coach Scott Thomas, Tom Wood, 2012-05-08 In order to help pastors and other Christian leaders to lovingly lead God's flock to Jesus Christ and into God's mission, Scott Thomas and Tom Wood clarify a process of coaching and shepherding that is rooted in the patterns of the Good Shepherd himself, a process in which leaders stir up the gifts, passion, and calling upon others' lives. This book addresses the needs of the leader, his or her sinful tendencies, and church leadership issues. It directs the leader to the person and work of Jesus. It provides a system to intentionally shepherd leaders to glorify God in their personal, spiritual, and missional lives. Many ministry leaders serving in churches find themselves overwhelmed, disillusioned, and depressed by the enormous and challenging task of leading and ministering in a congregation. As a result, the ministry suffers, the leaders suffer, and the result is often an unhealthy church existent with little or no Gospel influence. These leaders need someone to shepherd their soul so that they can lead others to the Chief Shepherd, Jesus Christ. We suggest that coaching for the church leader looks less like corporate consulting or humanistic psychology and more like biblical-shepherding. We suggest that every church leader needs a Gospel Coach to come alongside with words of truth, wisdom and experience to encourage, admonish, comfort and help—words drawn from Scripture and godly wisdom, grounded in the gracious saving work of Jesus Christ, and presented in the context of a trusting relationship. Gospel Coaching is an intentional relationship to skillfully care for others with four ancient shepherding principles: 1) Know the sheep, 2) Feed the sheep, 3) Lead the sheep, and 4) Protect the sheep. A Gospel Coach both inquires about the personal, spiritual, and missional aspects of a ministry leader's life in a loving yet focused manner, and also probes the church leader for compulsive unbelief or selfish motivation, or disobedience and sin, and leads the ministry leader back to the Gospel, through belief, repentance and obedience. Churches that desire to be rich in a Gospel application toward their city, their relationships with one another, their communication and worship, as well as their service, will

benefit to a greater degree by having their leaders being coached by a Gospel-centered leader.

downers grove counseling and wellness: The Seven Principles for Making Marriage Work John Gottman, PhD, Nan Silver, 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.

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