

rise counseling and wellness

Rise Counseling and Wellness: Your Journey to a Brighter You

Feeling overwhelmed, stuck, or just plain unhappy? You're not alone. Millions struggle with mental health challenges, and finding the right support can feel like searching for a needle in a haystack. This comprehensive guide dives deep into Rise Counseling and Wellness, exploring what sets them apart, the services they offer, and how they can help you navigate your path toward a healthier, happier you. We'll cover everything from their approach to therapy to client testimonials, ensuring you have all the information you need to make an informed decision about your mental well-being.

Understanding Rise Counseling and Wellness: More Than Just Therapy

Rise Counseling and Wellness isn't your typical therapy practice. They offer a holistic approach to mental health, recognizing that true well-being encompasses physical, emotional, and spiritual health. This means they go beyond simply addressing symptoms; they work with you to understand the root causes of your struggles and equip you with the tools to build lasting resilience. Their commitment to personalized care ensures that every client receives a tailored treatment plan designed to meet their unique needs and goals.

A Range of Services to Meet Diverse Needs

Rise Counseling and Wellness offers a wide spectrum of services designed to cater to a variety of needs and preferences. This isn't a one-size-fits-all approach. They understand that mental health journeys are individual, and their services reflect that:

Individual Therapy: This cornerstone service provides a safe and confidential space for you to explore your thoughts, feelings, and behaviors with a qualified therapist. They utilize evidence-based therapeutic approaches, adapting their techniques to your specific challenges and personality.

Couples Counseling: Navigating relationship complexities can be incredibly challenging. Rise Counseling and Wellness provides couples with the tools and strategies to improve communication, resolve conflicts, and strengthen their bond. They create a supportive environment where couples can openly discuss their issues and learn effective conflict resolution techniques.

Family Therapy: Family dynamics play a significant role in shaping our mental well-being. Rise Counseling and Wellness utilizes family therapy to foster healthier communication patterns, address underlying issues, and strengthen family relationships.

Group Therapy: Sharing experiences with others facing similar challenges can be incredibly powerful. Rise Counseling and Wellness offers various group therapy sessions, providing a sense of community and support while allowing individuals to learn from one another.

Workshops and Seminars: Beyond individual and group sessions, Rise Counseling and Wellness actively engages the community through workshops and seminars on

topics like stress management, mindfulness, and improving relationships. These events provide valuable tools and strategies for self-improvement.

The Rise Counseling and Wellness Approach: A Client-Centered Philosophy

At the heart of Rise Counseling and Wellness lies a commitment to a client-centered approach. This means they prioritize your individual needs and preferences, collaborating with you to establish goals and tailor treatment plans accordingly. They foster a non-judgmental and compassionate environment, ensuring you feel safe and comfortable sharing your vulnerabilities. Their therapists actively listen, validate your experiences, and empower you to take control of your mental health journey. This collaborative approach ensures that you're actively involved in every step of the process.

Meet the Team: Experienced and Compassionate Professionals

Rise Counseling and Wellness boasts a team of highly qualified and experienced therapists. Each therapist brings their unique expertise and therapeutic style to the practice, ensuring a diverse range of approaches to suit individual needs. They prioritize ongoing professional development to stay abreast of the latest research and best practices in mental health care. Their commitment to excellence ensures that clients receive the highest quality of care.

Client Testimonials: Real Stories, Real Results

The true measure of a counseling practice lies in its client testimonials. Rise Counseling and Wellness has received overwhelmingly positive feedback from individuals who have experienced transformative changes through their services. These testimonials speak to the compassionate care, effective treatment, and supportive environment that Rise Counseling and Wellness provides. Many clients describe feeling heard, understood, and empowered to overcome their challenges. These authentic stories highlight the positive impact that Rise Counseling and Wellness has had on the lives of their clients. (Note: In a real blog post, you'd include actual, anonymized testimonials here).

Finding the Right Fit: Your First Steps Towards Well-being

Finding the right therapist can make all the difference. Rise Counseling and Wellness makes the process as easy and comfortable as possible. Their website typically provides clear information about their therapists, their specialties, and their approach to therapy. They often offer free consultations to allow potential clients to connect with a therapist and determine if it's the right fit. This ensures that you feel confident and comfortable before beginning your therapeutic journey.

Conclusion: Investing in Your Mental Health

Investing in your mental health is an investment in your overall well-being. Rise Counseling and Wellness offers a comprehensive and compassionate approach to mental health care, providing a supportive environment where individuals can embark on a journey of self-discovery and growth. Their holistic approach, client-centered philosophy, and experienced team of professionals make them a valuable resource for anyone seeking support on their path to a healthier, happier life.

FAQs :

1. Does Rise Counseling and Wellness accept insurance? This will vary depending on your insurance provider and plan. It's best to contact Rise Counseling and Wellness directly or check their website for information about accepted insurance plans.
1. What are the hours of operation for Rise Counseling and Wellness? Hours typically vary based on the therapist and may be listed on their website or you can call to inquire.
1. What types of payment methods does Rise Counseling and Wellness accept? Most practices accept credit cards, debit cards, and sometimes other methods. It's advisable to contact them directly to confirm.
1. Do I need a referral to see a therapist at Rise Counseling and Wellness? This depends on your insurance plan. Some insurance plans require a referral, while others do not. Check your policy or contact Rise Counseling and Wellness for clarification.
1. What if I need to cancel or reschedule an appointment? It's important to contact Rise Counseling and Wellness as soon as possible to reschedule or cancel your appointment, to give them ample notice. Their cancellation policy may be outlined on their website or during your initial consultation.

rise counseling and wellness: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education

graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

rise counseling and wellness: Counseling for Wellness and Prevention Robert K. Conyne, 2015-05-01 Counseling for Wellness and Prevention brings Preventative Counseling, one of prevention's founding texts, firmly into the twenty-first century. Counseling for Wellness and Prevention thoroughly updates and significantly expands on discussions of practical applications and emerging best practices. Counselors and counseling psychologists will find evidence-based, contemporary guidance to help them engage in needed efforts to help clients and the general population to enhance their overall wellness and ward off future dysfunction. Author Robert Conyne demonstrates the ways in which the traditional model of one-to-one therapy can be expanded to embrace wellness and prevention as well as strategies for putting into practice a broad range of environmental and system change strategies, such as advocacy and community organization. The book is well-suited for adoption in counselor-education courses and includes explicit connections to CACREP accreditation standards. It's also an excellent choice for programs in psychology, where the APA-approved prevention guidelines for psychologists are now available, and in social work, where prevention and community change have long been hallmarks.

rise counseling and wellness: Diabetes Counseling & Education Activities: Helping clients without harping on weight Megrette Fletcher, 2018-02-06 How can health professionals teach diabetes education without getting sucked into the restrictive-eating, appearance-based, weight-loss trap? Diabetes Counseling and Education Activities: Helping clients without harping on weight, is the culmination of 20 years of teaching experience by a Certified Diabetes Educator, Registered Dietitian, and Mindful Eating pioneer. Motivational Interviewing is the counseling method used throughout this manual to demonstrate how to teach diabetes care by presenting 14 different activities. Learn about: Embracing a Weight-Neutral Approach to Diabetes Care The Insulin Knife: Part 1 The Insulin Knife: Part 2 Thermostat: Understanding the Cause of Insulin Resistance Blood Sugar Rocket? How Much Work? A Deeper Dive into Diet Food Choices Using Food Labels Hypoglycemia, Hunger & Fullness with Diabetes What About Weight? Inactivity and Exercise Resistance Blood Sugar Experiments - Using the Meter Liver Sponge - Explaining Hepatic Glucose Release Emotional Eating and Disordered Eating in Type 2 Diabetes To make this manual easy to use, each of activity is organized in a similar way, providing you with why, when, and how to introduce the activity in the counseling session. The learning objective and detailed counseling dialog help you shift to goal-planning and documenting the visit.

rise counseling and wellness: Oppression and the Body Christine Caldwell, Lucia Bennett Leighton, 2018-03-20 A timely anthology that explores power, privilege, and oppression and their relationship to marginalized bodies Asserting that the body is the main site of oppression in Western society, the contributors to this pioneering volume explore the complex issue of embodiment and how it relates to social inclusion and marginalization. In a culture where bodies of people who are brown, black, female, transgender, disabled, fat, or queer are often shamed, sexualized, ignored, and oppressed, what does it mean to live in a marginalized body? Through theory, personal narrative, and artistic expression, this anthology explores how power, privilege, oppression, and attempted disembodiment play out on the bodies of disparaged individuals and what happens when the body's

expression is stereotyped and stunted. Bringing together a range of voices, this book offers strategies and practices for embodiment and activism and considers what it means to be an embodied ally to anyone experiencing bodily oppression.

rise counseling and wellness: *Wellness to the Core* Jason Sonners, 2014-02-18 In *WELLNESS TO THE CORE*, Dr. Jason Sonners arms you with the information you need to take control of your health and begin your personal journey to wellness. In Part One, *Why are We So Sick*, Dr. Sonners presents the modern conditions and choices that have made humans so chronically ill. He also illustrates the relationship between our current state of (un)health and (dis)ease and the current healthcare crisis. Part Two, the *Be Fit, Be Nourished, Be Balanced Program*, offers solutions for getting your health back on track. It outlines the steps you can take to begin the process of reclaiming your health and the life you deserve. Dr. Sonners, an accomplished chiropractor skilled in nutrition, stress management, pain management, exercise prescription, and rehabilitation, is the perfect guide to help you reset your mindset and get you back on your path to wellness. His message, underscoring the wellness to the core philosophy, is that it is never too late to make a positive change in your life.

rise counseling and wellness: *TECHNOLOGY IN MENTAL HEALTH* Stephen Goss, Kate Anthony, LoriAnne Sykes Stretch, DeeAnna Merz Nagel, 2016-07-01 In the half-decade since publication of the first edition, there have been significant changes in society brought about by the exploding rise of technology in everyday lives that also have an impact on our mental health. The most important of these has been the shift in the way human interaction itself is conducted, especially with electronic text-based exchanges. This expanded second edition is an extensive body of work. It contains 39 chapters on different aspects of technological innovation in mental health care from 54 expert contributors from all over the globe, appropriate for a subject that holds such promise for a worldwide clientele and that applies to professionals in every country. The book is now presented in two clear sections, the first addressing the technologies as they apply to being used within counseling and psychotherapy itself, and the second section applying to training and supervision. Each chapter offers an introduction to the technology and discussion of its application to the therapeutic intervention being discussed, in each case brought to life through vivid case material that shows its use in practice. Chapters also contain an examination of the ethical implications and cautions of the possibilities these technologies offer, now and in the future. While the question once was, should technology be used in the delivery of mental health services, the question now is how to best use technology, with whom, and when. Whether one has been a therapist for a long time, is a student, or is simply new to the field, this text will serve as an important and integral tool for better understanding the psychological struggles of one's clients and the impact that technology will have on one's practice. Psychotherapists, psychiatrists, counselors, social workers, nurses, and, in fact, every professional in the field of mental health care can make use of the exciting opportunities technology presents.

rise counseling and wellness: *The Counselor's Companion* Jocelyn Gregoire, Christin Jungers, 2013-05-13 Students and recent graduates of counseling and human services programs will consider *The Counselor's Companion* an indispensable tool to enhance professional practice, knowledge, and skill. The text is a reference-style resource that provides new counselors with a way to bridge the gap between what they learned in the classroom and the challenges they will meet in their practice. Beginning counselors will find concise answers to common questions that will likely arise in the course of their professional development and a reliable reference "companion" as they embark on their careers in the profession. This volume features contributions from counselor educators and professionals in the field, guided largely by the core-curriculum of the Council for Accreditation of Counseling and Related Program (CACREP). Information is presented in brief form, making the main points of each section concise, clear, visible, and easily accessible. Readers are also introduced to cutting-edge areas of research.

rise counseling and wellness: *Wellness Counseling* Jonathan H. Ohrt, Philip B. Clarke, Abigail H. Conley, 2018-12-28 This innovative text presents a comprehensive review of the

theoretical and empirical support for a wellness approach to counseling with current techniques for client assessment, case conceptualization, treatment planning, and intervention. The authors provide holistic strategies for wellness promotion with children, adolescents, and young, midlife, and older adults, as well as in counseling with groups, couples, and families. Each chapter includes reflection questions, learning activities, and resources to deepen readers' understanding of the content and application to practice. Wellness boosters offer quick methods for clients and counselors to increase their domain-specific and overall well-being. In addition, experienced counselors share their personal experiences implementing wellness interventions in Practitioner Spotlight vignettes. A chapter on counselor self-care completes the book. Requests for digital versions from ACA can be found on www.wiley.com. To purchase print copies, please visit the ACA website. Requests for material from books published by ACA should be directed to publications@counseling.org

rise counseling and wellness: The Smart Stepfamily Ron L. Deal, 2006 Each member has their own unique place in a family. Ron Deal explores the myth of the blended family offering practical, realistic solutions for stepfamilies.

rise counseling and wellness: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

rise counseling and wellness: Learning and Practicing Adlerian Therapy Len Sperry, Vassilia Binensztok, 2019-12-31 *Learning and Practicing Adlerian Therapy* not only provides readers with a review of conventional Adlerian therapy but introduces a contemporary version of it called Adlerian pattern-focused therapy. It is a cutting-edge approach that combines basic Adlerian interventions with a unique therapeutic strategy that is brief, highly effective, and reimbursable. Employing a unique experiential approach, readers sit in on the therapy process via transcriptions of a completed 10 session therapy. Ongoing commentaries allow readers to follow the therapist's inner thoughts about the ensuing therapy process. The book begins with chapters that explore the conventional theory and practice of Adlerian therapy and introduce Adlerian-pattern focused therapy. The following four chapters walk readers through the beginning sessions which emphasize the therapeutic relationship and the identification and focus on pattern change. Readers then follow the pattern change process as it unfolds in the middle phase and in the termination phase of treatment. The text concludes with a discussion of how this therapy succeeded in a client with major depression. Successfully blending conventional knowledge of Adlerian therapy with a contemporary approach, *Learning and Practicing Adlerian Therapy* is an ideal resource for future clinicians.

rise counseling and wellness: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 *Corporate Wellness Programs* offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

rise counseling and wellness: *Making the Connection* Eddie Comeaux, 2015-05-01 *Making the Connection: Data-Informed Practices in Academic Support Centers for College Athletes* is practical and ideal for those who seek to use research to inform their individual and organizational practices. This volume is primarily intended for upper-level undergraduate and graduate students, though scholars, researchers, teachers, practitioners, coaches, athletics administrators, and advocates of intercollegiate athletics will also find it useful. It comprises a series of chapters that cover a wide range of evidence-based approaches designed to enhance the practices of those who work closely with college athletes. Given the breadth of the field overall, this single volume is not exhaustive, but the current concerns, challenges, and themes of relevance to higher education researchers, practitioners, and others are well addressed. The intent of the text is to spark conversation about how college and university constituents can reframe their thinking about the importance of innovative research to careful, informed practice. Likewise, the contributors hope that it will inspire greater awareness and action among practitioners, as well as advance scholarship in the area of athletics. Each chapter includes current research, and in some cases theoretical perspectives, which should assist practitioners enhance the well-being of college athletes. Each chapter also offers guided discussion questions that are ideal for use as the basis of further conversation in the classroom setting. Adopters of this text will benefit from leading voices in the field who delve into complex issues, shedding new light and presenting unique opportunities for understanding a diversity of perspectives on evidence-based practices in support centers for athletes. In all, this volume provides a rich portrait of data-driven practices designed to assist practitioners and others who work closely with college athletes, and lays the groundwork for an ambitious and long overdue agenda to further develop innovative research that informs the practices of athletics stakeholders and improves the quality of experiences for college athletes.

rise counseling and wellness: *The Financial Mindset Fix* Joyce Marter, 2021-07-27 *Uncover Twelve Mindset Shifts That Will Transform Your Financial Future* As a therapist, Joyce Marter noticed an extraordinary trend: as her clients improved their mental health, they leveled up in other areas of their lives. They received raises, they got promotions, and some even started their own business. This epiphany led her to develop an insightful and ingenious process for releasing limiting habits and beliefs so you can begin your journey to freedom and prosperity. Here, Joyce shares the culmination of her life's work as the go-to expert on the "Psychology of Success"—a proven method to help you improve your financial well-being by focusing on your psychological and relational issues around money. By working with *The Financial Mindset Fix*, you will learn how to:

- Recover from burnout, overwhelm, financial stress, and money anxiety
- Improve your mental health by practicing better self-care and accessing the support you need and deserve
- Change the way you think, feel, and behave with money to end self-limitation and self-sabotage and welcome far greater success
- Embrace your worth and set healthy boundaries in your financial relationships with others at home and at work
- Create a personal and professional vision for holistic success that includes work-life balance and tending to your dreams
- Use simple tools from cognitive behavioral therapy, mindfulness, and narrative therapy to change your life personally, professionally, and financially

For anyone looking to step into a life of wealth and well-being, this is a welcome guide. "In this wonderful new book, successful therapist Joyce Marter gently takes you by the hand and walks you down the path toward better mental health and abundant financial life. Her twelve unique mindsets will revolutionize your relationship with money and significantly improve the way you view yourself." —Stephen M. R. Covey, author of *New York Times* and #1 *Wall Street Journal* bestseller *The Speed of Trust*

rise counseling and wellness: *Counseling in Communication Disorders* Audrey L. Holland, Ryan L. Nelson, 2018-06-29 Now in its third edition, *Counseling in Communication Disorders: A Wellness Perspective* continues to be an essential and admired text for counseling related courses in graduate speech-language pathology and audiology programs. The counseling skills introduced in this book are based on the model of positive psychology, a rapidly growing branch of psychology that focuses on mental health and well-being and how to achieve and maintain these states. By

incorporating the key elements of positive psychology into clinical practice, clinicians can more effectively help patients live productively and successfully with their communication disorders. The authors offer examples, exercises, and specific techniques for working with individuals and their families across the spectrum of communication disorders, from infancy through end-of-life needs. In addition, they also feature one-on-one activities and model workshop examples for use in teaching counseling strategies to groups or classes. New to the Third Edition: Expanded information on issues concerning cultural diversity, especially in regard to children and their families Expanded strategies for recognizing and growing strengths in family dynamics including early intervention. Extended considerations for counseling individuals and families when deterioration of abilities is expected. More in-depth information on the unique problems of persons with mild cognitive impairment, primary progressive aphasia, and chronic traumatic encephalopathy. Updates on findings and issues in Positive Psychology Information introducing clinicians and students to Posttraumatic Growth and its relevance to the field Updated counseling literature throughout With its updates and additions, *Counseling in Communication Disorders: A Wellness Perspective, Third Edition*, is destined to remain a popular resource and teaching tool for developing speech-language pathologists and audiologists.

rise counseling and wellness: Rise Above Leila By Orisa, 2024-04-12 Embark on a Journey of Liberation: Overcome the Shadows Cast by Narcissistic Parents In a world where the wounds are invisible and the scars run deep, *Rise Above: Strategies for Navigating Life with Narcissistic Parents* stands as a beacon of hope and a roadmap to liberation for those who have lived under the shadow of narcissistic parents. This transformative book not only offers a deep understanding of the complex nature of narcissism but also lays out a strategic path towards healing, empowerment, and ultimately, freedom. With the gentle precision of a seasoned expert, the book begins by unveiling the mask of Narcissistic Personality Disorder. It methodically guides the reader through recognizing the subtle yet profound signs of having a narcissistic parent, the cunning emotional manipulation tactics employed, and the chilling lack of empathy that characterizes these relationships. The narrative is both enlightening and validating, providing a much-needed acknowledgment of the reader's experiences. As the journey unfolds, the book dives into the heart of the matter--the profound impact narcissistic abuse has on one's psyche. From the psychological to the emotional toll, it doesn't shy away from detailing the long-term effects on relationships and self-esteem. Yet, amidst the exposition, it offers a clear, hopeful voice--a promise that the cycle can be broken. Empowerment takes center stage in *Rise Above*. Seizing control from the clutches of the past, it elucidates successful strategies for establishing boundaries, engaging in healing self-care practices, and rebuilding one's self-esteem. The book positions healing and self-reclamation as not just possibilities but inevitable outcomes for those who dare to embrace their journey. Moreover, it extends a hand towards building healthier relationships and achieving financial independence, crucial steps towards authentic self-sufficiency. With an entire chapter dedicated to finding your voice and another to managing the complexities of maintaining or severing ties, the book serves as an unwavering companion through every step of recovery. In the final chapters, *Rise Above* turns its focus inward, prompting readers to embark on the most significant journey of all--reclaiming their identity. Through exploration of one's interests, passions, and values, it champions the forging of a new, deeply personal path, unmarred by the shadows of the past. Coupled with empowering strategies through education and support, this book promises not just survival, but a thriving existence beyond the grip of narcissistic parents. For those ready to step into the light of their own making, *Rise Above: Strategies for Navigating Life with Narcissistic Parents* offers the key to a door long-shut by fear and manipulation. It's more than a book--it's a companion on the journey to reclaiming one's life from the clutches of narcissistic abuse. Your path to empowerment and liberation awaits.

rise counseling and wellness: Mental Health, Substance Use, and Wellbeing in Higher Education National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate

and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festering systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. *Mental Health, Substance Use, and Wellbeing in Higher Education* lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

rise counseling and wellness: Preventive Counseling Robert K. Conyne, 2004-08-02

Preventive counseling is based on the concept that practitioners empower clients and systems more significantly when they embrace a prevention orientation to helping. This new edition of *Preventive Counseling* includes updated methods, approaches and a new section dedicated to prevention applications, providing readers with the how-to in designing, implementing and evaluating preventive interventions.

rise counseling and wellness: *Ethics in Psychotherapy and Counseling* Kenneth S. Pope, Melba J. T. Vasquez, 2010-11-17 Praise for *Ethics in Psychotherapy and Counseling*, Fourth Edition A stunningly good book. . . . If there is only one book you buy on ethics, this is the one. —David H. Barlow, PhD, ABPP, Professor of Psychology and Psychiatry, Boston University The Fourth Edition continues to be the gold standard. . . . a must-read in every counseling/therapy training program. It is that good and valuable. —Derald Wing Sue, PhD, Professor of Psychology and Education, Teachers College, Columbia University A must-have for therapists at every step of their career from student to wise elder. —Bonnie Strickland, PhD, former president, American Psychological Association This Fourth Edition of the best book in its field has much timely new material. . . . A brilliant addition is an exploration of how reasonable people can conscientiously follow the same ethical principles yet reach different conclusions . . . an essential sourcebook. —Patrick O'Neill, PhD, former president, Canadian Psychological Association Essential for all practicing mental health professionals and students. —Nadine Kaslow, PhD, ABPP, President, American Board of Professional Psychology I particularly enjoyed the chapter on ethical practice in the electronic world, which was informative even to this highly tech-savvy psychologist. The chapter on responses to the interrogations issue is destined to be a classic. . . . Bravo! Mandatory reading. —Laura Brown, PhD, ABPP, 2010 President, APA Division of Trauma Psychology There's no better resource to have at your fingertips. —Eric Drogin, JD, PhD, ABPP, former chair, APA Committee on Professional Practice and Standards and APA Committee on Legal Issues Two of psychology's national treasures, Drs. Ken Pope and Melba Vasquez walk the walk of psychotherapy ethics. Simply the best book in its genre. —John Norcross, PhD, ABPP, Professor of Psychology and Distinguished University Fellow, University of Scranton

rise counseling and wellness: *Saving Talk Therapy* Enrico Gnaulati, 2018-01-09 A hard-hitting critique of how managed care and the selective use of science to privilege quick-fix therapies have undermined in-depth psychotherapy—to the detriment of patients and practitioners In recent decades there has been a decline in the quality and availability of psychotherapy in America that has

gone largely unnoticed—even though rates of anxiety, depression, and suicide are on the rise. In *Saving Talk Therapy*, master therapist Dr. Enrico Gnaulati presents powerful case studies from his practice to remind patients and therapists alike how and why traditional talk therapy works and, using cutting-edge research findings, unpacks the problematic incentives in our health-care system and in academic psychology that explain its decline. Beginning with a discussion of the historical development of talk therapy, Dr. Gnaulati goes on to dissect the factors that have undermined it. Psychotropic drugs, if no longer thought of as a magical cure, are still over-prescribed and shunt health-care dollars to drug corporations. Managed-care companies and mental health “carve outs” send health-care dollars to administrators, drive many practitioners away, and over-burden those who remain. And drawing back the curtains on CBT (cognitive behavior therapy), Dr. Gnaulati shows that while it might be effective in the research lab, its findings are of limited use for the people’s complex, real-world emotional problems. *Saving Talk Therapy* is a passionate and deeply researched case for in-depth, personally transformative psychotherapy that incorporates the benefits of an evidence-based approach and psychotropic drugs without over-relying on them.

rise counseling and wellness: Introduction to Counseling Trey Fitch, Jennifer Marshall, Miles Matise, Gulnara McCullough, 2020-05-12 This CACREP aligned text outlines core concepts of the counseling profession alongside hundreds of practical study questions and case studies for students and professors. Designed for use not just in class but also as a guide for students studying for national licensing exams and the CPCE, chapters cover areas including ethical and legal issues, theories of counseling, career development, multicultural and group counseling, special topics, and more. Hundreds of PowerPoint slides are included to assist professors with class preparation, and professors will also find study questions for each chapter and a sample final exam that easily be applied in online learning platforms. Written in a readable, concise format designed for adult learners, *Introduction to Counseling* is an essential resource that counseling students will want to keep long after graduation.

rise counseling and wellness: Social Isolation and Loneliness in Older Adults National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. *Social Isolation and Loneliness in Older Adults* summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. *Social Isolation and Loneliness in Older Adults* considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

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the ASCA ethical standards into practice, and administration of day-to-day tasks. Each chapter contains activities, case studies, worksheets, and images to facilitate understanding, and all material presented is consistent with both the accreditation standards of the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) and the school counselor standards identified by the ASCA.

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rise counseling and wellness: Intuitive Eating, 2nd Edition Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

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them with the necessary skills to meet the challenges facing mental health care today and in the future.

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