“WHOLENESS IS HOLINESS”

OVERVIEW

- My journey as a counselor began when I felt like I was not enough, not heard and not accepted.
- After seeking support through counseling sessions, I grew into becoming more self-aware of how I wanted to show-up in the world.
- It is now my passion to help support individuals with personal growth that leads to success in all facets of life.
- Here are some problem-solving techniques I have learned along the way to share with you:

PSYCHOSOCIAL STAGES OF DEVELOPMENT

STAGES	PSYCHOSOCIAL DEVELOPMENT	LESSONS LEARNED	FUTURE GOAL
Infancy	Trust vs Mistrust	I do not remember this stage, but I was told my grandparents were quite protective.	I believe infancy sets the stage for how healthy you can or cannot be.
Toddler	Autonomy vs Shame/Doubt	I do not remember this stage other than traumatic events of falling downstairs.	I believe how you're shaped as a toddler can have a profound meaning for goal setting.
Pre-schooler	Initiative vs Guilt	As a preschooler, I remember being quite the introvert and had to be volunteered to share. I would not demonstrate by taking initiative on my own.	This is the 1st stage in which I have a memory. Because of the deficiencies of owning my voice. I could be easily influenced in not staying true to my goals.
Grade-schooler	Industry vs Inferiority	As a grade schooler, this was my first acknowledgement of feeling inferior to others. I admired outgoing children and their ability to express themselves	As a grade schooler, feeling inferior was always a challenge for me. Setting goals came easy but sticking to them was very challenging.
Teenager	Identity vs Role Confusion	During my teenage years, I suffered with self-esteem and identified not feeling heard or seen.	Not feeling well supported as a teenager, played a major role in not accomplishing goals.
Young Adult	Intimacy vs Isolation	In my young adult years, this is when I owned my growth potential and self-developed in areas that needed a transformation.	In my young adult years, this was my 1st pivotal moment to push through adversities. I accomplished some goals for the 1st time in my life.
Adulthood	Generativity vs Stagnation	In my current career, I now coach and developed Leaders towards becoming more effective with leading their teams.	As an adult, I feel empowered and grounded that I am in more control of my current state and future.
Senior Years	Integrity vs Despair	Looking to evolve into private practice of coaching in supporting others with their growth.	Looking towards the future, I feel confident in achieving goals!

PROBLEM-SOLVING TECHNIQUES

The very first step in the process is to identify the underlying, irrational thoughts, feelings, and beliefs that lead to psychological distress. In many cases, these irrational beliefs are reflected as absolutes, as in "I must," "I should," or "I cannot."

Feeling excessively upset over other people's mistakes or misconduct

Believing that you must be 100% competent and successful in everything to be valued and worthwhile

Believing that you will be happier if you avoid life's difficulties or challenges

Feeling that you have no control over your own happiness, that your contentment and joy are dependent upon external forces

Holding such unyielding beliefs makes it almost impossible to respond to activating situations in a psychologically healthy way. Possessing such rigid expectations of ourselves and others only leads to disappointment, regret, and anxiety.

PROBLEM-SOLVING TECHNIQUES

Problem-solving techniques can address the activating event. The (A):

- Problem-solving skills
- Assertiveness
- Social skills
- Decision-making skills
- Conflict resolution skills

COGNITIVE RESTRUCTURING TECHNIQUES

Cognitive restructuring technique strategies help to change irrational beliefs. The (B):

- Logical or rationalizing techniques
- Guided imagery and visualization
- Reframing, or looking at events in a different way
- Humor or irony
- Exposure to a feared situation
- Disputing irrational thoughts

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COPING TECHNIQUES

Coping techniques help better manage the emotional consequences of irrational thoughts. The (C):

- Relaxation
- Hypnosis
- Meditation

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COPING TECHNIQUES (CONT.)

Homework assignments allow clients to practice new skills in between therapy sessions and discuss them with the therapist in the following session.

Relaxation techniques enable clients to calm themselves down when they feel stressed or anxious.

Systematic desensitization involves step-by-step exposure to anxiety-provoking situations while using techniques to stay calm and relaxed.

Journaling allows clients to process their thoughts, feelings, and subsequent behaviors by writing them down in a private journal.

Risk-taking exercises allow clients to practice what they have learned in therapy.

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RESOURCES

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