



### A Spiritually Based Therapy

Western society has taught people to look outside of themselves for answers – this way of thinking keeps a large therapeutic community thriving. When did looking inside become foreign – when did spirituality become replaced with the material world. Even the thoughts of therapy – what did our ancestors do when they were unhappy? We certainly live in a much more complex world today and it is even more for that reason that individuals need to learn how to embrace their own true natures and find their own inner answers and freedom to whatever plagues them. It is not to say that traditional therapy is not needed and helpful to a great number of patients with mental illness. This article is written for those individuals who are looking for an alternative way to approach their ongoing issues or problems. This alternative way of looking at and experiencing therapy includes a spiritual view in harmony with a person's own personal belief systems — religious or non-religious. I reframe the word “therapy” to “therapy process”. This process helps individuals look at their whole selves — each of their parts – spiritual, emotional, mental and physical and to see their condition and to strive for health and balance in each. This kind of therapy is intended to allow people with non-psychotic mental illness to move through a process and to a position where they no longer need to be in psychotherapy. Thus, it is intended to show people how to take control over their entire lives; their physical, mental, emotional and spiritual lives. It teaches them how to end the endless dependency on psychotherapy, which I contend has crippled rather than liberated them.

Kiss Your Therapist Goodbye defines the positives in therapy process as well as the negatives in traditional therapy – helping a person to be empowered – from their initial phone interview right on through their final session. And once completing the work you set out to accomplish, to feel comfortable and able to complete and move on... to say goodbye and thank you and to have the support to doing so. I strive to be a mirror to your finding your own inner wisdom and outer guidance. Why do you think the title “Kiss Your Therapist Goodbye” elicits such an immediate response? Your re-action to it is most likely due to your or a loved ones experiences in therapy. All too often, you or a loved one has not had success in the therapy experience, yet does not have the self-esteem to know how to end it – much like any dysfunctional relationship. You or a loved one has been in therapy for what seems like forever, with no change – either in thoughts, feelings, or behaviors. And last, but certainly not least, you or loved one does not want to stay on or begin taking antidepressants! A part of you knows there must be other

ways to obtain the success you seek. If any or all of these are familiar to you read on... You are about to learn about how to “embrace a process” – how to look at therapy through a new lens – how to see therapy as a bridge to take you from where you are and get you to where you want to be. Traditional Therapy all too often has led to dependency vs. liberation and perpetuates the most dysfunctional parts of a patients/clients past. When going through any kind of learning process, especially one that involves inner and emotional work — it is vital to have good friends, and/or a healthy partnership to give support. The wounding that occurred in dysfunctional environments and relationships needs to be healed within a new context of healthy relationships – including one with ones self. As healing occurs and self confidence is strengthened, one is able to accept, affirm and understand themselves and their natural abilities to access their own answers and esteem to create the lives they desire.

A healthy and meaningful therapy is one that guides and supports you to explore, heal and understand what life lessons are, to rebuild self esteem, to become aware and empowered in the present to be supported to creating the future you desire. Learning and working a process is for those who want to liberate themselves from the past and establish a basis for living healthy, fulfilling and meaningful lives. If there is imbalance in any of ones parts – physical, mental, emotional or spiritual the results are imbalances in ones life. So, what is the process and how can you begin to use it for your own healing journey? Call for a free phone consultation to see how KissYourTherapistGoodbyeASAP might be for you or a loved one