

URSINUS WELLNESS AND COUNSELING

Newsletter for March 1, 2021

HERE'S WHAT'S NEW IN THIS ISSUE:

*Experiential Therapy
Explained*



WHAT IS EXPERIENTIAL THERAPY?

Experiential Therapy is a therapeutic option for those who find it challenging to communicate verbally, discuss traumatic experiences or express difficult emotions. Through this therapy one learns how to resolve conflict and cultivate productive relationships. These changes occur organically because the focus is on the activity rather than discussing issues. In a traditional office setting, one talks for the duration of the session; however, the experiential method does not take place in a clinical setting allowing one freedom to express themselves. This freedom helps a therapist get to know a participant's authentic self in order to more effectively help them.

BENEFITS OF EXPERIENTIAL THERAPY

Experiential Therapy covers a wide range of therapies that employ the use of activities. These therapies may initiate the exploration of new hobbies. By exploring new activities and experiencing fulfillment, one gains confidence. Thus, preparing them for life's future challenges. Activities involved with experiential therapy include animal care, rock climbing, hiking, art, yoga, music, and horticulture.

While medication and attention from an experienced team of doctors are useful for treating mental health diagnoses, therapy can be incredibly helpful for alleviating painful symptoms, too. Therapy is also beneficial for helping patients learn how to cope with stress and triggers that can precipitate drug use, problem drinking, or mental health symptoms. Although many suffer from these problems, treatment needs to be tailored to each patient's needs and circumstances. There are dozens of different types of therapies, and experiential therapy methods can benefit patients in several ways.



Learn more here:



Experiential Therapy: How it works, what it is, and why it's beneficial.
sbtreatment.com

Horticulture Therapy

Experiential horticulture therapy incorporates the art and science of growing plants with counseling. It is a natural, relaxing and calming activity that can be done in or outdoors. The goal of horticulture therapy is to deliver treatment which strives to improve one's mental health and instill the motivation for change.

Participation in this therapy makes a person a caregiver. As a caregiver, they focus on the growth of living things realizing their role in the growth process.

In the growth process, one develops essential life skills. While gardening, one prioritizes fertilization, plans a seed sowing schedule and organizes crop placement. The skills of prioritizing, planning and organizing are useful in life and can lead to productivity. Pulling weeds and working the soil is required in gardening and is repetitive; this type of predictable routine is important in the healing process following trauma. The growth process also entails weeding out the anxiety and fear of exploring horticulture therapy in order to promote growth in the plants and in oneself.



