

Positive Psychotherapy Psychology Today

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Positive Psychotherapy Psychology Today

Usually, the first place a person goes when they are having a panic attack is straight to the ER. Thinking they are having a heart attack, they are desperate for medical intervention. But once they

...

What the ER Doctor Won't Tell You About Treatment for Panic

But feeling bad for doing something wrong or having hurt someone is not an effective method of promoting proper action to do better and/or make amends. When guilt and suffering go awry, it can

be ...

Should You Punish Bad Behavior? The Answer May Surprise You

I don't understand what is going on. I was making progress in therapy and feeling great. I thought that I finally had everything under control, and I could move on with my life. Then, for no reason, I

...

Why Do I Keep Regressing After I Make Therapeutic Progress?

So, if you're stuck, if you are thinking, feeling, and acting in ways that you don't like but don't seem able to change, it's not the 'thing' it's what you tell yourself about the 'thing.' Change your ...

Hey, How Would You Like To Be More Resilient?

It's currently mental health awareness month. Every year during this time (and in fact all year), the dominant reminders and solutions seem to focus on: Do self-care, Try therapy, and Reach out to ...

If Self-Care Isn't Fixing Your Mental Health, It's Not You

Despite the fact that there are some general guidelines and practices, different organizations sometimes create their own preferred set of tools to cope with stress and decrease anxiety and depression ...

11 Tools to Decrease Anxiety in Acute Trauma Settings

Put yourself in a positive mood. Research shows it is easier ... where he studied genetics and psychology. He has also done graduate work in clinical psychology and neuropsychology in U.S.

Psychology Today

Borderline personality disorder (BPD) captures the public eye, often with romanticized depictions of

troubled heroes and anti-heroes struggling with demons within a d ...

3 Everyday Factors Help Borderline Personality Life Quality

Neither was part of the D-Day invasion; one was a navigator and one a pilot on B-17s based in Italy. My husband's father was shot down and spent about a year as a POW in a German prisoner of war camp.

Listening to Stories of Sacrifice this D-Day

More and more, people come to my therapy practice and say things like ... Doing the things we love brings new and positive energy into our lives and keeps boredom at bay. Give yourself permission to ...

Scrolling and Boredom: A Complicated Combination

Although Dr. Ureta treats a wide range of presenting issues, his areas of interest are: psychodynamic, cognitive behavioral, and positive psychology psychotherapy. Dr. Ureta has experience working ...

Cesar Ureta

In psychiatry, I argue that the top candidate for demolition is the late Stanford psychologist David Rosenhan's 1973 paper, "On Being Sane in Insane Places," which was published in the preeminent ...

"Sane in Insane Places," 50 Years Later

I'm a board-certified adult and child psychiatrist specializing in the true integration of psychopharmacology with psychotherapy ... in order to facilitate positive change. I entered private ...

A Better Tomorrow Counseling Services, LLC

What in my wardrobe evoked negative feelings, whether from discomfort (would I ever again wear stilettos?), guilt (about that dress that I bought for a family celebration and wore once?), or ...

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