

Talk Therapy/Cognitive Behavioral Therapy (CBT):

This is the generic strategy that mental health professionals use to help people reach their goals and work toward overall wellness. Your therapist will create a safe place for you to start identifying issues or share feelings and then work collaboratively to find ways to better manage symptoms and concerns. Many therapists will use a strategy called Cognitive Behavioral Therapy, which is a type of treatment that focuses on improving functioning and quality of life by targeting thinking patterns and teaching new skills to incorporate in your daily life. CBT has been shown to be effective for a number of different problems, such as: depression, anxiety, daily stressors, and coping with changes.

Cognitive Processing Therapy (CPT):

This is a trauma-focused therapy specifically used to treat symptoms of PTSD. This strategy teaches you how to evaluate and change the upsetting thoughts you have had since your trauma, which will also help to change how you feel. You will use worksheets in session and at home to help you learn this strategy. Towards the end of therapy, you and your provider will focus on some specific areas of your life that may have been affected by the trauma, including your sense of safety, trust, control, self-esteem, and intimacy. CPT usually involves 12 weekly sessions, but this can vary. Sessions are typically 60 to 90 minutes each. You may start to feel better after a few sessions and the benefits of CPT often last long after your final session with your provider.

Contact Us:

Website: www.fbwc.org

24-hour hotline: 281-342-4357

Chat at www.fbwc.org

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Our mission is to assist survivors of domestic violence and sexual assault and their children to achieve safety and self-sufficiency.

All of our services are free of charge and open to all survivors of domestic violence and sexual assault, because we believe every survivor deserves the chance to thrive.

The types of therapy offered are included in this pamphlet, each with a brief description of the process. If you have any questions or are interested in getting started in an area, please call our Hotline or contact your case manager for more information. We look forward to better serving you!

Animal Assisted Counseling (AAC):

This is the process in which a trained animal works as a team with a licensed clinician to help clients work through psychosocial difficulties and work toward their goals for personal growth and healing. One of the ways this can be facilitated is by involving the animal partner in interventions, activities, and support that are in line with the client's specified goals and treatment plan. Currently FBWC has a k-9 team that offers individual and group therapy. Some of the benefits to AAC are: decreased anxiety and depression, improved positive social interactions and communication skills, increased motivation to attend counseling, and enhanced ability to regulate the body and emotions.

Eye Movement Desensitization and Reprocessing (EMDR):

This is an extensively researched and effective psychotherapy method proven to help people recover from trauma and other distressing life experiences by utilizing bilateral (both sides of the brain) stimulation (typically eye movements) to help reprocess traumatic memories, alleviate emotional distress, and create healthier thinking patterns and beliefs. With repeated sets of eye movements, the memory tends to lose its painful intensity and becomes a neutral memory of an event in the past. EMDR can be brief focused treatment or part of a longer therapy program. EMDR sessions typically last 60 to 90 minutes. EMDR has been successfully used to treat: anxiety and panic attacks, depression, stress, phobias, sleep problems, complicated grief, addictions, PTSD, and low self-esteem.

Neurofeedback:

Neurofeedback is a revolutionary way of exercising and training the brain to restructure brainwaves into the healthy patterns needed for cognitive functioning and emotional self-regulation. During training, sensors are placed on the scalp with conductive paste. Clients are then invited to relax and watch a computer animation screen. As the brain moves toward a healthier state, you are rewarded by having the computer animation move and the music play. Gradually through the process the brain "learns" a healthier brain pattern. This can be helpful for concerns such as: depression, anxiety, lack of motivation, inability to focus or concentrate, sleep, and memory improvement. A typical session lasts about 30 minutes and most people will need to complete 30-40 sessions total in order to see lasting and meaningful results.

Play Therapy:

Play Therapy is to children what counseling is to adults. Kids do not have the ability to express themselves with words as an adult would do, so they may find it difficult to verbalize what is troubling them. Play Therapy allows children to communicate through play, their most natural form of expression. The toys in the playroom help the children to "play out" their perceptions of their life experiences, their thoughts and feelings, and their needs and desires. With the help of a trained Play Therapist, children can learn to better understand themselves and their world, as well as work to resolve their problems and develop skills to better deal with life. If you are concerned about your child's behavior or if your child is having difficulty coping, play therapy is a recommended approach to helping your child.

Support Groups:

Our ongoing support groups provide a safe space to connect with others who have gone through similar traumas and experiences. Isolation plays a significant role in abuse, and being able to share experiences and coping strategies with others who are at different stages of their journey can be empowering and healing. Besides traditional support groups, we also have Creative Expression groups which include: Paint and Empower, Creative Expressions, and the Knitting Circle. Creative expression therapies incorporate art and other creative forms of expression into the treatment process. Art gives us a space for self-expression and the ability to channel emotion for when we are at a loss for words. Research has shown that expressive therapies are highly effective with trauma survivors and have shown to reduce symptoms of anxiety, depression, and PTSD.

Family Connections Group Program:

Family connections is a repeating eight-week program that provides space and opportunity for healing and connection for clients and their children. Groups are divided by age and facilitated by volunteers, staff and interns who cover a variety of topics and incorporate creative expressions and other activities related to trauma and healing. The evening will start with a dinner, and play care will be available for young children. Often when we experience trauma our whole lives, our relationships with others are affected. This program seeks to incorporate a holistic model that allows for families to come together, learn coping skills, create a new normal, and be able to envision a new future.