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Adjunct Therapy: *Another treatment used together with the primary treatment. Its purpose is to assist the primary treatment. Also called adjunctive therapy.*

Options Available

Restorative Justice: "A process to involve, to the extent possible, those who have a stake in a specific offence and to collectively identify and address harms, needs and obligations, in order to heal and put things as right as possible." Howard Zehr in The Little Book of Restorative Justice.

- Circle Peacemaking
- Restorative Conference
- Dialogue

Key Questions

- What happened?
- Who was harmed & how?
- What is needed to make things right?

Brainspotting: a relatively new form of treatment that taps into the body's innate ability to heal in order to reduce and eliminate the impact of unresolved trauma, negative beliefs, and emotional distress. Brainspotting seems to activate the body's innate ability to heal itself from trauma. Brainspotting therapists use "dual attunement," a process through which the therapist simultaneously attunes to the brain-body response of the person in therapy. Brainspotting works primarily on the limbic system, a collection of brain structures that play a role in emotion, long-term memory, cognition, motivation, impulse control, and several other psychological factors that can affect well-being.

Equine-Facilitated: The concept that horses might be helpful or healing of people struggling with mental health issues is based on the idea that horses (prey animal) are extremely sensitive to changes in the human (predatory), horses react and respond to people differently based upon the person's emotional state. The horse acts as a large biofeedback machine, providing the client and therapist with information regarding the clients moods and changes within those moods, providing a plethora of information and skill building opportunities for both the client and the therapist.

- Partnered with Noreen Young, Life's Trails (Gestalt Coaching)
- Horse Powered Reading (available in September)