



EMDR, CBT, PNI and Mindfulness for Adults

There are many different types of Psychotherapies. Nivedita specialises in the following:

(1) CBT (2) EMDR (3) Mindfulness

What is CBT?

Cognitive Behavioural Therapy (CBT) is one of several approaches to psychotherapy. It is an evidence-based talking therapy.

CBT is based on the overestimation of negative outcomes resulting in dysfunctional coping behaviours. For example, in panic disorders, the patient misinterprets physiological symptoms as catastrophic and attributes negative outcomes to these sensations. This, in turn, leads to increased arousal, bodily discomfort and panic attacks. CBT works to overcome symptoms through deconditioning, cognitive restructuring and the introduction of coping skills.

CBT can be used to help with the following:

- Behaviour Modification
- Regulate Impulse Reactions
- Obsessive Behaviours
- Negative Thinking
- Depressive Thoughts
- Panic Attacks
- Anger Management
- Fears

What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is another empirically-supported psychotherapeutic approach to treatment. It is not solely a talking therapy but incorporates eye movement, akin to the movements found in REM sleep, to activate the left and right hemispheres of the brain. This activation improves the integration and processing of traumatic memories and experiences.

EMDR can be used to help with the following:

- Pain Control
- Ongoing Traumatic Stress
- Critical Illnesses
- Traumatic Memories
- Emotional Abuse

What is PNI Therapy?

Psychoneuroimmuno Therapy (PNI) is the use of mental techniques that harness the neuroplasticity of the brain in order to boost the body's immune system.

PNI Therapy can be used to help with the following:

- Cancer
- Any illness that requires immunity regulation

What is Mindfulness?

Mindfulness is a moment-to-moment awareness of the present. It is the awareness, acceptance and connection of our thoughts, emotions, environment, our bodies and sensations without judgement.

Mindfulness can be used to help with the following:

- Cultivation of Compassion
- Pain Control
- Equanimity
- Lower Stress Levels
- Increase Positivity
- Improve Concentration and Productivity