



CENTER FOR INTEGRATIVE MEDICINE

Holistic Psychotherapy

What is holistic psychotherapy?

Holistic psychotherapy uses traditional methods of psychotherapy along with non-traditional therapies of holistic healing to create a fuller integration between the mind, body and spirit, and to accomplish the deepest level of healing possible.

At Cleveland Clinic, holistic psychotherapy is delivered by healthcare providers who are licensed clinical social workers with certification in advanced clinical hypnotherapy, and who have master's degrees in social work.

What are the non-traditional therapies involved in holistic psychotherapy?

Non-traditional therapies tap into various levels of mind-body-spirit healing. They have a strong spiritual component, incorporating elements of transpersonal psychology, energy medicine and other traditions of healing.

- **Hypnosis** is a treatment that involves bringing the patient into a relaxed state, or trance. A trance is a naturally occurring state, so anyone can be hypnotized. Once this state is achieved, the clinician provides a suggestion for relief from symptoms. Only a light to medium state of hypnosis is necessary for effective therapy.
- **Heart-centered hypnotherapy** is a form of psychotherapy in which the patient is placed in a hypnotic state for the purpose of reworking or reframing unhealthy behaviors. This process can allow for deep healing because of energetic or emotional release, and the level of insight that can be attained.
- **Creative art therapy** uses drawing, painting, sculpture, photography and other forms of visual art expression. The patient does not need to be artistically gifted to benefit from creative art therapy, as it generally focuses on the symbolic meaning of the images, colors and the creative process.

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- **Breath therapy** is a natural healing method that uses high-vibrational energy activated by the breath to reduce stored emotions and past trauma that may contribute to disease. This type of therapy allows the patient to utilize breathing as a way to heal and restore the body, mind and spirit at a very deep level.
- **Rebirthing breath** is a form of breath therapy that is based on the belief that trauma suffered during birth has a deep effect on the psyche, shaping perception and experience in life. Rebirthing breathing can help heal and reframe mind, body and spirit.
- **Guided imagery** is widely used to change a patient's overall health by actively creating images of well-being. It can help the patient reduce the effects of certain medical and emotional conditions.

What is traditional talk psychotherapy?

Traditional talk psychotherapy is used for patients who are not ready for non-traditional therapies. This approach includes psychodynamic, behavioral, cognitive and other well-known approaches used today in mental health.

How does the clinician decide which type of therapy to use?

During the first session, which lasts from 80 to 90 minutes, the patient and healthcare provider will establish goals for treatment. Subsequent sessions are usually 45 to 50 minutes. During each session, the clinician will focus on addressing the patient's specific needs, allowing for greater flexibility between the different therapies as treatment progresses.



What conditions can be treated by holistic psychotherapy?

In Cleveland Clinic's Center for Integrative Medicine, holistic psychotherapy clinicians specialize in the treatment of physical illness and disease, emotional issues, family dynamics, stage of life issues, work-related issues, sexual abuse, trauma, addiction (substances, food and unwanted behaviors), and stress and anxiety. Holistic psychotherapy does not take the place of traditional medicine, but rather works in concert with other treatment methods to help the healing process. Holistic psychotherapy primarily looks at specific areas of the body from an emotional, spiritual and energetic perspective and is designed to help heal the origin of the disease.

Who can benefit from holistic psychotherapy?

Each patient responds differently to holistic psychotherapy. The Center for Integrative Medicine recommends that patients attend each session with an open mind to receive the full benefits of the process. Even patients currently prescribed psychotropic medications for mental health or who are under psychiatric treatment can benefit from holistic psychotherapy. However, patients who present with active psychotic processes or who pose a danger to themselves or others will be referred to an appropriate facility until they are more able to benefit from this process.

Contact the Center for Integrative Medicine for massage therapy appointments

To schedule an appointment for holistic psychotherapy or other forms of integrative medicine, please call [216.986.HEAL \(4325\)](tel:216.986.HEAL).

For more information on Center for Integrative Medicine services, please visit clevelandclinic.org/integrativemedicine.