

Mind/Body Therapy



What is mind/body therapy?

Mind/body therapy focuses on the connection between mental and physical health. Therapy is administered by a psychologist and includes treatments such as biofeedback, relaxation techniques, cognitive behavioral therapy, mindfulness and behavioral counseling.

Three things you should know about mind/body therapy:

- 1** Behavioral counseling is a system of therapy used to help individuals make changes in their lives by looking objectively at behaviors, feelings and thoughts in troublesome situations. At the Integrative Medicine Center, behavioral counseling is often enhanced through other specific mind/body therapies like relaxation training and breathing techniques. This not only makes therapy more powerful, it also allows patients to take a proactive, self-care role in their therapy. Research has shown behavioral counseling to have a positive effect on emotional, mental and physical health. According to a *Consumer Reports* survey, nine out of 10 Americans who underwent behavioral counseling found it helpful.
- 2** Biofeedback is a powerful therapeutic tool used to teach patients how to self-regulate their bodies and behaviors. During treatment, sensors are attached to the skin, allowing providers to monitor their involuntary bodily functions (heartbeat, blood pressure, hand temperature, muscle contractions and brain-wave activity). They can then associate certain behaviors and mental stimuli with pain, anxiety and other disorders. Through psychologist-led training, mental exercises and trial and error, they can then learn how to control these involuntary functions and positively improve their conditions.
- 3** To get the most out of mind/body therapy, you should feel a sense of open and honest communication with your therapist. Treatment works best when both you and your therapist establish and maintain a positive working relationship. If you have any expectations or concerns for your therapy, be sure you clearly express them. It is also important to take a proactive interest in your therapy by attending all scheduled sessions and having given forethought to what you'd like to discuss.



What happens during your treatment.

Before your session.

Our model of therapy emphasizes a coordinated team approach. To accomplish this, your therapist will collaborate with your outside health care providers as well as with your other providers at the Integrative Medicine Center and University of Colorado Health. We will always ask for your consent to do this. Everything discussed during your appointments is legally confidential and cannot be released without your consent. Your therapist will discuss confidentiality with you in detail before you begin treatment.

During your treatment.

You will begin therapy by identifying conditions and behaviors in your life that you'd like to change. Your therapist may ask you how you'd like things to be different, or he/she may recommend places to start making adjustments. After you've established what you'd like to change, you and your therapist will determine goals and targets, which will function as markers for progress. Over the course of your treatment, your therapist may recommend a variety of mind/body techniques, including biofeedback, relaxation techniques, cognitive behavioral therapy, mindfulness and behavioral counseling. You will work with your therapist to determine the best therapies for your situation.

How many sessions will you need?

Every mind/body therapy plan at the Integrative Medicine Center is specially designed for the individual. The length of your personalized treatment program depends on your specific condition and your goals. During your first session, your therapist will help you determine the length of time it should take for you to see changes. Our care is characterized as short term, typically six months or less.

Conditions helped:

- Anxiety
- Coping with chronic illness
- Fatigue
- Fibromyalgia and other pain conditions
- Grief and identity
- Headaches
- High blood pressure
- Pain
- Motion sickness
- Nausea
- Smoking cessation
- Weight management

Schedule your appointment.

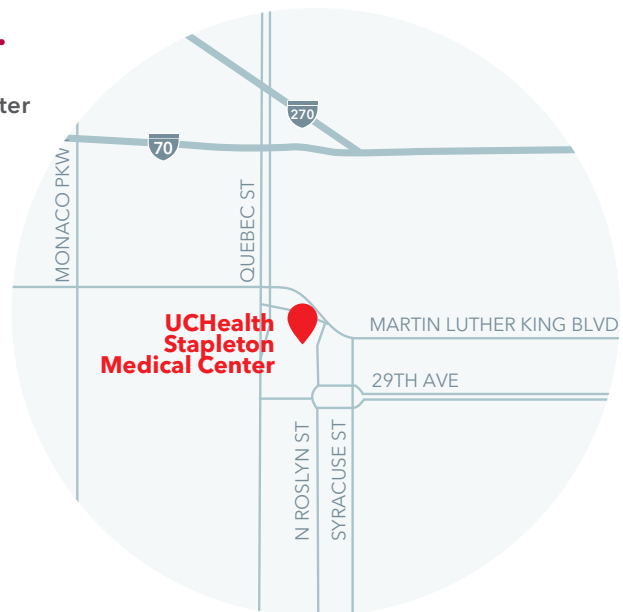
If you would like to schedule a mind/body therapy appointment, please call the Integrative Medicine Center at 720.553.2750. Appointments can be made Monday through Friday, 8:00 a.m.-4:30 p.m. with a few evening options.

How much does it cost?

Mind/body therapy, provided by a licensed psychologist at the Integrative Medicine Center, is often covered by insurance. Please check with your provider to find out if you are covered. The cost of counseling varies with the type and duration of your session.

Contact information.

Integrative Medicine Center
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P: 720.553.2750
F: 720.553.2763



By making this information available, UHealth and the Integrative Medicine Center do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.

Learn more at uhealth.org

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