

Counselling For Stress Problems

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Counselling For Stress Problems

Riverside Therapy Help offers practical counseling sessions geared towards kickstarting the healing process and learning about the patient's backgrounds and personal history. Firstly, the therapist ...

New Counseling Service in Riverside: Therapy Help offers Therapist, Counselor, and Marriage Counseling Services in Riverside, California

As colleges reconvene and recent grads look for jobs, experts worry about high levels of depression. Will young adults get the therapy they need?

COVID-19 left college students depressed and anxious. Who will pay for their therapy?

When the COVID-19 pandemic forced behavioral health providers to stop seeing patients in person and instead hold therapy sessions remotely, the switch produced an unintended, positive consequence: Few ...

No-cancel culture: How telehealth is making it easier to keep that therapy session

Plenty of teens are burdened with a chronic and often paralyzing fear of being harshly judged by others. Unfortunately, many can't get in-person treatment that could help.

Online therapy works for kids battling social anxiety, study says

The Journal of Contemporary Psychotherapy recently published an article written by psychologists from several institutions where they clearly articulate how different orientations to psychotherapy are ...

Psychologists Attempt to Unify Different Approaches to Therapy

Sheriff Gary Sisk announced the addition of Bonnie, a therapy K-9 that began her tour of duty helping sworn and civilian employees manage the daily challenges of law ...

Catoosa County Sheriff's Office therapy K-9 Bonnie begins tour of duty

Whether you're mad about a move, sad about a loss, or having trouble getting along with your spouse, there's someone to talk to at Redstone Arsenal —and it's free to ...

Free counseling available for military community

In a new mental health documentary series with Oprah Winfrey, Prince Harry is seen undergoing a form of therapy known as EMDR (eye movement desensitisation and reprocessing) to treat unresolved ...

EMDR: what is the trauma therapy used by Prince Harry?

One in five women experience pain during intercourse. The latest edition of the Diagnostic and Statistical Manual of Mental Disorders, the bible of American psychiatrists, lists it under ...

Cognitive-behavioural therapy can reduce pain during intercourse

At Penrose Physical Therapy we truly try to avoid surgery and help people along in this fearful, painful, anxiety ridden journey when they are experiencing back and leg pain (often called sciatica).

Penrose Physical Therapy: Physical Therapy May Be as Good As Surgery for Stenosis, a Common Back Problem

Eli, a 4-year-old Border Collie, started working as a therapy dog for Maspeth High School last week to help students with their mental health after a ...

Maspeth High School welcomes therapy dog Eli

When the COVID-19 pandemic forced behavioral health providers to stop seeing patients in person and instead hold therapy sessions remotely, the switch produced an unintended, positive consequence: ...

More telehealth therapy means fewer skipped sessions

While the Veteran's Club Equine Therapy Program began in 2017, it had to be scaled back during the COVID-19 pandemic. But, Harrell said, canceling it altogether was never an option. "We just had to do ...

Equine therapy program helps Kentucky veterans find camaraderie, healing

About two years ago, I subjected myself to a four-month, all-consuming running routine. It feels difficult to define or even explain now—I wasn't training for a race, I had no specific running goals, ...

Running Is Not My Therapy—But Therapy Did Make My Running Better

I don't think there is a group in professional sports that is under the same level of stress that NBA referees are under. ...

Boos, Constant Travel, and Getting Yelled at by Players: Why NBA Refs Need Therapy

LOS ANGELES, CA / ACCESSWIRE / May 28, 2021 / As pandemic restrictions continue to loosen, some people still feel anxious about re-entering society. The Scientific American reports that "after a year ...

Wellness Therapy Boutique, Pure Skin & Scalp Therapy Studio, Says A Noise-Free Hair Salon Can Help Patrons Ease into the Post-Pandemic World

The demand for mental health services remains high even as Kentucky and Indiana ease mask mandates and lift capacity restrictions, with Louisville-area crisis line calls still higher than during the ...

An 'unprecedented' mental health toll: COVID-19 drives surge in crisis line calls, therapy wait lists

Virtual sessions made it easier for people with depression or anxiety to keep appointments. But video calls also created a new set of challenges.

'Letting the walls down': How remote therapy was a lifeline during the pandemic

New study shows cognitive-behavioural therapy for couples to be more effective in alleviating genito-pelvic pain than medical treatment.

The use of couple therapy to reduce pain during intercourse

A child's future cognitive development, their motor development and their mental health can be associated with the stress their mother experienced, and how they coped with it, even years before ...

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