



Patricia Lavelle  
— PSYCHOLOGIST —

# STARTER KIT

How YOU can start feeling better right now!  
Physically, Mentally, Emotionally & Spiritually.





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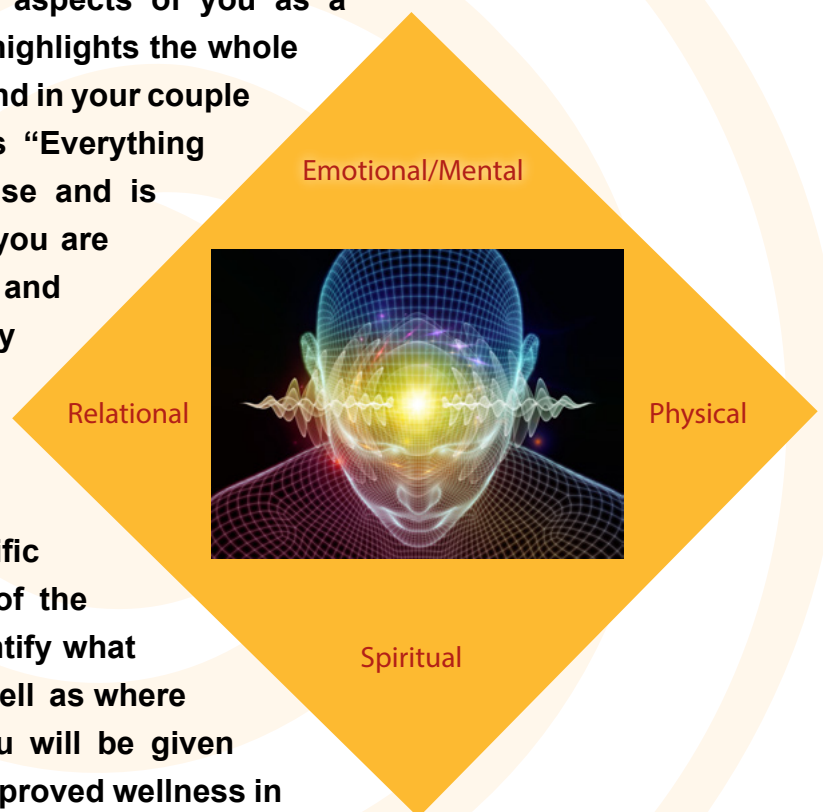
## HERE IS YOUR STARTER KIT!

Five ways for YOU to start feeling better right now!  
Physically, Mentally & Emotionally, Relationally & Spiritually

### It's All Connected

Patricia invites you to consider that all aspects of you as a person are interconnected. This diagram highlights the whole approach she takes with you individually and in your couple work. As the diamond diagram suggests “Everything is connected”. That makes intuitive sense and is based in research findings as well. How you are physically affects how you are mentally and emotionally affects how you are spiritually and relationally.

From this whole person perspective, in the counselling sessions you are encouraged to address both your specific problem area and how you are in each of the four areas. You will be encouraged to identify what you are already doing to feel good as well as where improvement might be needed. Then you will be given easy ways to implement and to bring an improved wellness in yourself overall as a solid foundation to work on your particular issues that bring you to counseling.





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**Here's five simple things that you could begin doing today, or any one of them, to start feeling better and to commence your counseling journey right now:**

## **1. Start moving. Walk 30 minutes daily**

Check with your medical doctor to clear you for activity. You could start a simple walking program. Research indicates that daily walks of 30 minutes are beneficial to overall health and well-being. If a shorter time is what works for you at present start there.. It helps improve mood and an overall sense of well-being. Or you could identify a sport or activity in which you are interested to begin. Anything to get you moving more.

## **2. Drink water. Eat vegetables.**

The energy of water and fresh vegetables is not to be underestimated. If you feel tired all the time, you lack energy. Water is a sure fire way to increase energy levels, and adding living food to your daily digestive system will boost you into a new person.

## **3. Start a mindfulness, meditation or relaxation practice.**

There are many apps that give you options to try shorter or longer meditations. Some examples include Buddhify, Headspace and Calm. Most of these have free things to try. Most important is to try a few of the meditations and find what you like. It is better for training the brain to do one or two shorter sessions per day than to do longer ones on an irregular basis.

Remember this is a skill that can be learned so a small daily investment of time is well worth it. Sometimes you'll feel like you cleared your mind; other times you will feel like nothing happened.

Don't worry it's all part of the process.



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## 4. Be grateful.

We know that having an attitude of gratitude by deliberately focusing on what you are grateful for in your life can develop new neural pathways in the brain and contribute to an overall sense of well being.

At the end of each day write down what you are grateful for and the reason for it. You will be amazed at how this little action can change your view of your situation and difficulties.

## 5. Notice where you feel your emotions.

The emotional process is a delicate one to explore. Often we get cues or clues about our emotions in our body.

While they can occur anywhere, some common ones are feeling sick to your stomach, heart rate increasing or tightening in jaw and/or shoulders. This is the body's physiological response to triggers that something is not going well. In preparation for an Emotionally Focused Therapy approach that Patricia engages you in, it can be very helpful to pause and notice what this early warning tells us about our feelings in any given situation.

For many people this is a very new way of looking at emotions so be patient with yourself. You will gradually be able to identify where your emotions most often show themselves.





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## My philosophy Solutions for Emotional Connection

One of the most devastating experiences for people, if not THE most devastating, is to feel disconnected from those around them and/or from themselves. Being alone, feeling alone even when you're around people is very painful. I collaborate with you to give you an experience of emotional connection and assist you to identify both what prevents that for yourself and in your relationship and what you can do to reconnect. You will receive practical tools and skills to deepen your emotional connection in your most important relationships and with yourself.



## My approach

My approach is grounded in Emotionally Focused Therapy EFT. In a safe environment, I collaborate with you to find I see myself as a process consultant to assist and guide you to deeper understandings. collaborate with you to address matters in the following four areas:

- Resolving repetitive arguments in your relationship and creating more intimacy,
- Improving your mood and developing self management skills for depression, anxiety, anger and grief,
- Getting past debilitating traumatic memories, and
- Helping with the challenges of medium and long term addiction recovery

My training is up to date in the evidence based approaches of Emotionally Focused Therapy for Couples and Individuals (EFT) and Eye Movement Desensitization and Reprocessing (EMDR) for trauma.

**TOP FIVE**

**WARM FULL PRESENCE  
35 + YEARS EXPERIENCE  
COLLABORATIVE  
PRACTICAL  
CLIENT FOCUSED/DRIVEN**





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## My credentials

- Masters Psychologist
- Member of College of Alberta Psychologists
- Member of College of Psychologist of British Columbia
- Member of Psychologists Association of Alberta
- EMDR Level Two and Advanced Training spanning 20 years
- Emotionally Focused Therapy (EFT) Advanced level and in Private Supervision to become Certified as an EFT Therapist for Couples.

## Specializations

- Couples Therapy
- Depression, anxiety, grief, anger issues, persistent pain
- Wellness training
- Trauma

## Approaches

- Emotionally Focused Therapy (EFT) for couples
- Emotionally Focused Therapy (EFIT) for individuals
- Acceptance and Commitment Therapy (ACT)
- Emotional Self Regulation skills
- Wellness & Stress Management strategies development



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## What I have learned over the years...

I strive to implement myself what I teach and guide you in. From a whole person perspective I guide and encourage you to develop a plan for improving yourself in the four areas of physical, mental and emotional, relational and spiritual.

## A little about me

I am an outdoor enthusiast who is passionate about hiking and backpacking. am an “indoor enthusiast” with Pilates, reading, watching series and movies. My local library is an amazing resource for all my reading needs, personally and professionally.

## Live Your Fulfilled Life

I am enthusiastic about and committed to a collaborative working relationship with you to assist you in removing barriers to living a more fulfilled life and learning how have increasingly positive emotional connection with yourself and in your closest relationships.





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## Contact Information

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