

Therapists Guide To Positive Psychological Interventions Practical Resources For The Mental Health Professional

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Therapists Guide To Positive Psychological

Chakras are disc-like spinning vortexes positioned along the spinal column, starting at the base of the spine and ending just above the top of the head.

A Beginners Guide To Chakra Work

Whether you want to find joy in your body, or just greater self-acceptance, these four strategies from psychologists, activists — and, yes, nudists — might help.

How to Feel Better Naked

Results from a study published in the journal Psychological Science found that consumers experienced more positive feelings when they anticipated ... a licensed marriage and family therapist in Flower ...

5 Ways Travel Is Good for Your Mental Health

New research published in Cognitive Behaviour Therapy found that therapists find it less appropriate to use cognitive change therapeutic techniques with Black patients compared to White patients.

Therapists find it less appropriate to use cognitive change strategies when treating Black vs White patients

Decades of longevity research have shown that psychological well-being is strongly tied to physical health, optimism, positive health behaviors, and lower risks of premature death. A team led by ...

Personalized maps created through artificial intelligence may guide individuals to improved well-being

A study in 8 patients supported the feasibility of music therapy, given at home by a therapist, in easing bulbar symptoms, aiding breathing.

At-home Music Therapy Program May Help Bulbar-onset Patients

You can [however] change the way you react to certain situations, which sounds to me like Cognitive Behavioral Therapy." Regardless of whether its roots lie more in New Age ideas or in neuroscience, ...

A loved one is into "manifesting" — should you be concerned?

On 24 June 2022, skincare specialist and therapist trainer Jennifer Young will launch a new training course called Hormonal Wellness Touch Therapies. The new qualification is designed to enable spa ...

Jennifer Young's new training helps therapists support menopausal or premenopausal clients

Mormons are leaving the church in record numbers, and some are finding solace with an apostate band of mushroom-loving spiritual explorers looking for God — one trip at a time ...

The Church of Latter-Day Saints Is 'Imploding.' Can Psychedelics Help Save It — or Take Its Place?

Enosis Therapeutics, a medical technology and psychedelic research company that leverages virtual reality (VR) for the contextual modulation of psychedelic therapy to improve treatment outcomes, ...

Enosis Therapeutics Generates Positive Results from World's First Study of the Synergistic Application of Virtual Reality and Psychedelics

These Dutch tech companies are using virtual reality, AI, high-tech sensors, and cloud solutions to rethink healthcare in the Netherlands.

4 exciting Dutch healthcare technology companies to watch

As post-pandemic travel resumes, luxury hotels are turning their attention to the timely issue of guests' mental health Thailand's RAKxa's has a trained therapist on-hand, while Rosewood Hong Kong ...

Why luxury hotels are all about mental health in 2022: forget five-star spas and Michelin-starred restaurants, guests now demand therapy sessions and on-site counsellors from a ...

China's collective mental health seemed to be declining even before the pandemic. In Shanghai the suicide rate has been rising since 2009. Covid has not helped. Suicides in Wuhan, the city where the ...

China's mental-health crisis is getting worse

There's a growing -- and controversial -- movement of parents turning to psychedelics to take the edge off the stresses of parenthood.

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