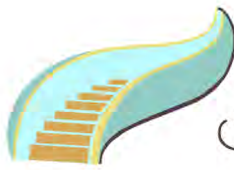


Therapeutic Connections, PLLC

"PATHWAYS FOR PROGRESS"

1108 GRECADE ST. SUITE 108, GREENSBORO, NC 27408 - 336-310-9340 - THERAPEUTICCONNECTIONSPLLC.COM

	Therapy	Coaching
Focus	Old feelings & dynamics.	Current feelings and dynamics.
	Identify pathology to support healing old wounds.	Creating distinctions and clarifications of ideas that may have gotten confused or entwined.
Objective	Healing.	Creating. In the process of creating, healing.
How Achieved	Creating a safe space for you to regress, feel your feelings, heal from trauma and then rebuild.	Creating a transformational space where you are encouraged to release beliefs, behaviors and thoughts that are no longer life-serving (are limiting) and try on new beliefs, behaviors and thoughts that are life-serving (are expansive).
		Identifying universal needs important to you (in an NVC kinda way), the extent to which they are currently met or unmet, and how to bridge the gap between what is and where you want to be.
Need it When...	Pain is stopping you from taking action	Current way of being in the world is causing side effects that are no longer tolerable. For example, the way you show up in the workplace is not satisfying anymore or the cost (physical, psychological) is too high.
	Want to heal issues with specific people; usually from the past.	Want to find or improve current relationships with self, others or processes (work, food, intimacy).
	Want to forgive self or another; usually stuck in resentment.	Want to discover new approaches to relating with self, others, or processes (work, food, intimacy) that are more life-serving. Forgiveness arises from the new forms of relating.
	Suffered from trauma or loss and the pain is still alive and effecting ability to function in the world.	Pain from trauma or loss shows up now and then, but does not significantly impede functioning in the world.
		Wanting support to create sustainable behavior changes.
		Wanting support in identify the kind of life you want to be living and how to create it.
	In active recovery from addictions.	Been successful in recovery (longer-term sobriety with consistent spiritual practice and connection to a "higher power") AND life feels not as full and juicy as it could be.
	Struggling to make your life work; life is really hard.	Life works, but feel stuck or unfulfilled. Want to explore more expansive possibilities for yourself. Have an idea of those possibilities,



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	Therapy	Coaching
		but need support in moving past fear or non-life-serving beliefs and actualizing them.
Client Experiences	Confronting old pain.	Confronting the gap between current reality and the reality you desire. Learning new skills and competencies to bridge the gap.
	Understanding the roots of the current dynamic.	Understanding beliefs, behaviors and thought processes that block your progress and discovering life-serving ones that support your progress.
	Feeling your feelings more deeply.	Feeling your feelings more deeply.
	Deep compassion	Deep compassion, inquiry and accountability.
		Deeper connection to Source (God, Spirit, The Universe, All That Is, or whatever you call it!) Deeper sense of trust in yourself and your own innate wisdom, knowing, intuition or whatever you call it! And ability to take action aligned with your innate wisdom.

This chart inspired by Michele Lisenbury Christensen's video blog