

I.T.S. prides itself on offering an alternative to traditional counselling. We have been awarded #1 in Cumming for 7 years, Best of Forsyth 2020 and 2021 AND Best of Georgia 2020 and 2021 based on this philosophy (click here): <https://integratedtherapeuticsolutions.com/about-us/>

In 2008, I began Integrated Therapeutic Solutions with the vision of integrating mental health with overall wellness. January 2018, I incorporated Cumming Wellness Center with I.T.S. It was nice speaking to you. At your next few sessions, your therapist will provide you some insights on what makes our practice stand above all others. During the counseling process, she/he will provide ongoing psychoeducation on why your presenting concerns are a trigger for you and are creating difficulties with your emotions, behaviors, and thoughts. We also incorporate overall wellness education. We have information on each of these topics on our social media. This will offer help outside sessions on how to naturally improve your mental health. Please follow at least one of them prior to your next appointment. Our counseling strategies stem from free association and empowerment. Sessions are client led through free association. Free association is a process of discovering your genuine thoughts, memories, and feelings by freely sharing all the seemingly random thoughts that pass through your mind. Everything you say and do is significant because it is based on your previous experiences. The purpose of free association is to help you understand what you really think and feel about yourself, others, and the situations you are experiencing. A vital aspect of dealing with our emotional world is understanding how our personal core beliefs consistently affect the way we think, feel, and act. Core beliefs include the thoughts and assumptions we hold about ourselves, others, and the world around us. They are deep-seated beliefs that often go unrecognized and yet they constantly affect our lives. (See the Belief-Driven Formula on document) You will periodically have (family) support sessions. During these sessions, your therapist will aid your (s) on how to take what you are learning outside the office. Please keep in mind who you feel would be best to incorporate. Just as it is important to understand your beliefs (YOUR REALITY), it is important to listen completely and openly to the other person you are currently having difficulties with or look at the others' perspective that you had difficulties within the past. Try to understand the other person's reasoning for their thinking or actions AND understanding their HISTORY created THEIR REALITY/PERCEPTION. (See the Relationship Cycles document)

Two things to consider: We often focus on things that we do not have control over and that gets in the way of changing the things we do have the ability to change. Additionally, many people were taught that showing emotions is weak and to NOT be vulnerable. Take a minute to think about how brave and difficult it is actually to be vulnerable. This is one of the most effective tools in therapy. If at any me you have any questions or would like to provide feedback, please reach out to our Owner & Clinical Supervisor, Anna Moriarty.

[Anna@IntegratedTherapeuticSolutions.com](mailto:Anna@IntegratedTherapeuticSolutions.com)

We look forward to working with you and helping you: Grow in your awareness of core beliefs and how they affect your thoughts, emotions, and behaviors. Find healing from emotional difficulties and painful experiences. Live with lasting happiness and peace.