

HOW TO HEAL!

*And when the night is cloudy, There is still a light that shines on me
Shine on until tomorrow, Let it be ... The Beatles*

WHAT TO KNOW!

- ❖ Healing is the process of recovering from mental and physical illness, trauma, and other painful situations
- ❖ Physical healing has obvious benefits yet psychological healing can be extremely powerful in recovering from emotional wounds and traumas
- ❖ Emotional pain can be the result of loss or grief or an underlying mental health condition
- ❖ Common symptoms of emotional pain include loneliness, panic, shame, guilt, worthlessness, anger, and deep sorrow
- ❖ Research has shown that how people think and what they believe can actually affect physical healing as well as psychological healing
- ❖ Not all people will heal as they continue with unhealthy behaviors, relationships, and distorted, irrational thinking
- ❖ A person's expectations as well as their social context, whether they are isolated or have support, can greatly influence how they heal
- ❖ One healing therapy is Emotion Focused Therapy which posits six stages of healing:
 1. **Awareness** involves knowing what you are feeling, owning it, and naming it
 2. **Expression** allows a person to overcome avoiding painful emotions by expressing those emotions in healthy ways
 3. **Regulation** involves self-soothing and calming one's emotions
 4. **Reflection** makes sense of an experience and allows for perceiving it differently
 5. **Transformation** involves changing negative perceptions into positive ones to undo the painful experiences
 6. **Corrective Experiences** allows for positive behavior change that replaces the old negative experience
- ❖ In general, to heal, one must believe that emotional healing is possible and be willing to make changes in their thinking and their behaviors

WHAT TO DO!

- ❖ Set realistic goals and understand that healing is a process that can take time
- ❖ Take baby steps towards recovering but continue forward
- ❖ Be persistent and learn from any setbacks
- ❖ Practice self-care through exercise, eating well, and getting enough sleep
- ❖ Be willing to recognize your painful feelings and process them
- ❖ Practice mindfulness, meditation, or prayer
- ❖ Join an emotional support group
- ❖ Seek professional help as psychological healing can be a difficult and painful process

WE PRACTICE TELEHEALTH AND CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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