



Counselling

The SCHSS Mental Health & Addictions counsellors work from the ***Biopsychosocial Model*** (which incorporates a wide array of interventions) within their client centered and solution focused counselling.

The **Biopsychosocial Model** is a general model or approach that suggests that biological, psychological (which entails thoughts, emotions, and behaviors), and social factors, all play a significant role in human functioning in the context of disease or illness. Health and wellness, then, is best understood in terms of a combination of biological, psychological, and social factors rather than purely in biological terms.

The bio psychosocial paradigm is also a technical term for the popular concept of the "mind–body connection",

- The ***biological*** component of the bio psychosocial model seeks to understand how the cause of the illness stems from the functioning of the individual's body.
- The ***psychological*** component looks for potential psychological causes for a health problem such as impulse-control issues, emotional turmoil/dysregulation, and negative thinking.
- The ***social*** component, investigates how different social factors such as socioeconomic status, culture, poverty, technology, and religion can influence health.

Interventions

The SCHSS Mental Health and Addictions counsellors use a variety of inventions under the “umbrella” of the biopsychosocial model.

Traditional-Cultural

Traditional-Cultural Interventions consist of a set of skills/procedures/tools that counsellors can utilize based on their perspective of the medicine wheel and traditional teachings. Generally the four parts of a human being (Mental, Emotional, Physical, & Spiritual) are examined in regard to any issues being experienced. Throughout the world all the teachings of the medicine

wheel have this component in common. Specific teachings about the medicine wheel and what is comprised within the four quadrants vary slightly from Nation to Nation in regard to colours, animals, meanings of the direction, etc. The Mental Health and Addictions Counsellors may be involved in some of these activities with their client, or they may refer them to the appropriate person who would conduct these activities (i.e., community Elder). Below there are examples of activities that can take place as part of someone's wellness plan while in counseling.

- Sweats
- Smudging
- Fasts
- Healing Circles
- Talking Circles
- Attendance at Pow Wow's
- Hunting & Gathering Activities
- Drum & Rattle Making
- Food Harvesting

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy is a psychotherapeutic approach that addresses the interactions between how we think, feel and behave. It is usually time-limited, focuses on current problems and follows a structured style of intervention. There is empirical evidence that CBT is effective for the treatment of a variety of issues, including mood, anxiety, eating, and substance use disorders.

In CBT, you learn to identify, question and change the thoughts, attitudes, beliefs and assumptions related to your problematic emotional and behavioural reactions to certain kinds of situations.

By monitoring and recording your thoughts during situations that lead to emotional upset, you learn that the way you think can contribute to emotional problems such as depression and anxiety.

In CBT, you learn to reduce these emotional problems by:

- Identifying distortions in your thinking
- Seeing thoughts as ideas about what is going on rather than as facts
- "standing back" from your thinking to consider situations from different viewpoints.

For CBT to be effective, you must be open and willing to discuss your thoughts, beliefs and behaviours and to participate in exercises during sessions. For best results, you must also be willing to do homework between sessions

TIR – Traumatic Incident Reduction

TIR is a rapid method of effectively reducing traumatic stress from emotionally and/or physically painful events in the past. It involves reviewing/re-experiencing the thoughts and emotions associated with past traumas in a completely safe environment, free of distractions, judgments, or interpretations. In the majority of clients, TIR assists in the complete and permanent elimination of PTSD (Post Traumatic Stress Disorder) symptoms. It also provides valuable insights, which the client arrives at quite spontaneously, without any prompting from the facilitator which they can therefore “own” entirely as his/her own. By providing a means for completely confronting a painful incident, TIR can and does deliver relief from the negative effects, enabling the person to move on. This can bring about a greatly improved quality of life. There are three SCHSS mental health/addictions team members that are trained in the facilitation of TIR and use it their counseling practice.

LSR – Life Stress Reduction

LSR encompasses a variety of techniques and is a way of enabling a client to make an organized exploration of their mental environment, so that they can face and deal with it piece by piece, releasing mental and emotional charge and gaining relief and awareness in the process. LSR permits the client to systematically inspect the past and so become more able to engage effectively in the present. It is intended to address and resolve emotionally charged scenes, situations, issues, and individuals that are currently distressing them or that they are excessively concerned about. It, as well, deals with ways of achieving positive states of mind. LSR is often used in conjunction with, or prior to, TIR.

Motivational Interviewing

MI (Motivational Interviewing) is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve [ambivalence](#). Compared with non-directive counseling, it's more focused

and goal-directed. It departs from traditional [Rogerian](#) client-centered therapy through this use of direction, in which therapists attempt to influence clients to consider making changes, rather than non-directively explore themselves.^[1] The examination and resolution of ambivalence is a central purpose, and the counselor is intentionally directive in pursuing this goal.