

Brain Based Therapy

Brain-based therapy, is a type of therapy which helps guide clients to overcome their psychological issues through educating them about how their brains are functioning. Through the lens of brain-based therapy, clients are empowered to help relieve their symptoms. It is a practical and experiential therapy combined with warm counseling support.

Brain-based therapy incorporates knowledge from the latest in neuroscience research, well-researched psychological strategies, and a deep understanding of our social relationships and attachments. In concert, these tools help guide powerfully effective treatment.

The brain-based perspective appreciates that the brain has 'plasticity' (often termed as "neuroplasticity'). **Neuroplasticity** refers to the amazing ability of our brains to change and adapt its own structure in response to the environment. When we learn new information and master new skills, we are adapting and changing our brains.

Neuroscience breakthroughs in the last few decades, informs and allows psychotherapists to intervene on emotional-action networks of the primitive brain.