

## THE BENEFITS OF THERAPY

We all experience seasons of life that can burden us with increased levels of stress, emotional difficulties and conflicts with our friends and family members. Though such concerns are a normal part of human existence, navigating these life transitions may require additional support. It is in these times that the added assistance of therapy can bring relief, encouragement, clarity and a renewed sense of purpose.

## MY APPROACH

I view the therapeutic relationship as a safe place to explore the self and process the issues we find problematic or stressful. In discussing these issues, thoughts and feelings, core beliefs unfold, allowing insight into our actions and their consequences. In therapy, we can work to diminish turmoil, restore our connections to others and reduce feelings of anxiety, sadness and frustration.

I work with children, adolescents, and adults, helping them with a wide variety of issues including depression, anxiety, self-esteem, identity, parenting issues, anger management, verbal, physical, or sexual abuse, cutting or suicidal behavior, grief and loss, relationship issues, stress management, and life transitions.

In addition, as a Christian therapist I am able to integrate the Biblical teachings of Jesus Christ into the context of the therapeutic process.

## THE THERAPEUTIC PROCESS

The therapeutic process provides tools for navigating the emotional roadblocks that arise as a result of overwhelming expectations, misdirected fears and unaddressed life traumas. In fact, many clients find that they are stymied by fear and shame. The shameful parts of ourselves that we would rather just keep hidden become a breeding ground for anxiety and depression. Yet bringing such elements out into the light often becomes the first step in allowing the healing to begin. Frequently, the work I do with clients is focused on healing from past or present emotional pain or abuse.

My approach to therapy is multi-faceted and designed to suit the specific needs of the individual. I employ holistic methods, including stress

management and relaxation techniques, cognitive-behavioral therapy, attachment theory, family of origin work and EMDR (Eye Movement Desensitization and Reprocessing). I also integrate art therapy and the use of art images and expressive writing to facilitate greater self-expression.

#### THE GOALS OF THERAPY

All of these tools and strategies help individuals achieve their goal of better expressing and managing their emotions. By offering an objective space to collaborate with another and explore genuine thoughts and feelings, the therapeutic process helps to promote change and create hope for a better future, no matter your age or station in life.

#### About Susan Devine

Susan Devine is a Board-Certified Art Therapist and Licensed Associate Marriage and Family Therapist. She received her MA in Art Therapy from Loyola Marymount University, Los Angeles, CA, in 1983. In 2013, Susan graduated from Bethel Seminary, St. Paul, MN, in Marriage and Family Therapy. In addition to seeing clients in her Eden Prairie office, Susan conducts on-site life skills group training for adolescent girls in an 8-week program called GutziGirlz.

