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*How Our Psychotherapy  
Services Can Help*

**SUPPORT YOUR  
MENTAL HEALTH**



Have you been struggling with depression, anxiety, or another condition? Is it difficult to get out of bed in the morning? Do you find yourself self-isolating or no longer participating fully in work or hobbies?

If you answered yes to any of these questions — we want you to know first and foremost that you're NOT alone. According to the National Alliance on Mental Illness, 1 in 20 U.S. adults experiences serious mental illness each year, while 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.

Mental health struggles are often stigmatized to the point where they can be challenging to talk about with friends, family, and even trusted medical professionals. We can't stress enough how critical it is to seek help when you're feeling symptoms of a mental illness.

Mental health treatment, like psychotherapy, medication, and self-care, has made recovery possible for so many. We at Foundation Physiotherapy & Wellness want you to know that you have options for your treatment, including our psychotherapy services!

## What is psychotherapy?

Psychotherapy, also known as talk therapy, assists people suffering from a wide range of mental illnesses and emotional distress. Psychotherapy can help people eliminate or lessen disruptive symptoms, allowing them to participate better in life and improve their overall well-being.

Psychotherapy can help with issues such as difficulty coping with daily life, processing trauma, medical illness, grief, and certain mental disorders such as depression or anxiety. Psychotherapy can be used alongside medication or other therapies. All in all, psychotherapy can give you an outlet to talk about your ongoing stressors and find better ways to deal with them in your daily life.

Psychotherapy can be short-term, spanning a couple of sessions and addressing more immediate issues, or it can be long-term, lasting months or years, and focusing on complex issues that take time to unravel.

## How will psychotherapy benefit me?

Nearly everyone can benefit from regular sessions with a psychotherapist. Whatever you're going through, it's better to express your frustrations and emotions out loud than to bottle your feelings up and leave them unaddressed.

Whether you were recently involved in a traumatic accident, have lost a loved one, were newly diagnosed with depression or anxiety, or just feel like you need someone to talk to about your unique challenges, psychotherapy can be a huge asset.

At Foundation Physiotherapy & Wellness, we have three approaches to psychotherapy.

### 1. Cognitive Behavioral Therapy (CBT)

Cognitive behavioral therapy generally focuses on altering the automatic negative thoughts that can contribute to and worsen emotional difficulties, depression, mood, and anxiety.

The underlying concept of CBT is that a person's thoughts and feelings significantly impact their behavior. For example, a person who spends a lot of time worrying about getting in a car crash may avoid driving. CBT aims to teach people that, while they cannot control every aspect of their environment, they can control how they respond to internal and external challenges.

### 2. Solution-Based Therapy

Solution-based therapy at Foundation Physiotherapy & Wellness is designed to help people in distress find tools they can use right away to manage symptoms and cope with challenges. It is based on the belief that, while individuals may already have the skills to effect change in their lives, they may need help from a professional to fully develop those skills.

Psychotherapists encourage clients to imagine the future they want and then work together to create a plan of action to help them achieve those dreams. These professionals can help an individual identify a time in their lives when a current issue was more manageable and evaluate what factors were different or what solutions may have been used in the past.

### 3. Client-Centered Therapy

Mental health professionals who use this approach strive to create a conformable, nonjudgmental, and empathetic therapeutic environment. One of the most important aspects of client-centered therapy is that it is non-directive. This means the therapist lets the client lead the discussion and does not try to steer the client in a particular direction.

At Foundation Physiotherapy & Wellness, our therapists unconditionally accept and support their clients without passing judgment. This process eventually helps individuals form a more realistic view of themselves and the world around them. People suffering from common mental health issues like depression and anxiety and less common issues like schizophrenia can all benefit from client-centered therapy.

## If you need mental health assistance, contact Foundation Physiotherapy & Wellness today!

There is absolutely nothing to be ashamed of if you're struggling with your mental health! Our licensed professionals are prepared to meet you wherever you are, and guide you towards a healthier mindset. Let us support you. Contact our clinic today to learn more about how our psychotherapy services can help improve your mental health and wellness!

Source: <https://www.psychiatry.org/patients-families/psychotherapy>

# Mindfulness Exercises

**Do you find yourself becoming overwhelmed easily in your daily life? Do you constantly feel stressed? If so, you may benefit from practicing mindfulness.**

Mindfulness originated from ancient eastern and Buddhist philosophy and dates back around 2500 years.

Mindfulness is the process of bringing one's attention to the present moment and observing one's thoughts and feelings without judging them. It can be applied to anything from eating, walking, or washing dishes to formal meditation practices.

Mindfulness has been shown to reduce stress and anxiety levels, improve relationships with others, and help individuals lead healthier lives! The best part of mindfulness is that anyone can begin implementing these practices in their daily lives without any cost or expensive resources.

If you're looking for ways to reduce stress and promote wellbeing—check out the mindfulness exercises below.

## 1. The full body scan

Begin this exercise by lying on your back with your palms facing up and your feet falling slightly apart. Start to bring awareness to your breath, noticing each inhale and exhale. Try not to change the way you're breathing; instead, simply practice observing your existing breathing pattern.

Next, focus on how your feet feel, noticing whether you observe a sensation of heaviness or lightness. Slowly move your attention up throughout your entire body to complete a full-body scan.

## 2. The 5 senses test

Another way to check in with your body is to perform this 5 senses exercise. Begin by determining 5 things you can see. Then move to 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Many people find this activity grounding and report that it can help soothe panic and anxiety.

## 3. The 3-minute breathing space

If you are new to meditation, this is the perfect activity for you. It is a simple 3-minute exercise designed to help those with busy lives and minds. During the first minute of this meditation, focus on answering the question, "How am I doing right now?"

For the second minute, shift your focus to your breath, noticing each inhale and exhale. The last minute should be spent scanning up and down your body, observing how your breath affects your entire body. You can place a hand on your stomach or chest to help you concentrate on how your body moves.

## CLIENT SUCCESS STORY

"I've had regular appointments with Avi. After each appointment I walk out feeling so much better and motivated, I feel more relaxed and I sleep much better. Avi really knows his stuff and is very patient. I am thankful for Avi's expert guidance and the accelerated progress both Foundation and Avi have facilitated. I highly recommend Avi to anyone seeking improvement in their physical health." — *M. J.*

## SPEAK WITH A PSYCHOTHERAPY PROFESSIONAL

*Want to learn more about how psychotherapy can improve your health? Our psychotherapists offer FREE 15-minute introductory calls.*

FREE 15-MINUTE DISCOVERY CALL

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## PSYCHOTHERAPIST SPOTLIGHT



### TALIEH BAKHSHAI

Registered Psychotherapist

Hi, my name is Talieh, but everyone calls me Talaa. I am a Registered Psychotherapist, authorized for independent practice by CRPO (College of Registered Psychotherapists of Ontario).

I use MBCT (Mindfulness Based Cognitive Therapy) as the core technique in my work with my clients, while also drawing on techniques from other approaches such as SFBT (Solution Focused Brief Therapy), ACT (Acceptance Commitment Therapy), and DBT (Dialectic Behaviour Therapy). I will also complete my EMDR formal training in late fall. EMDR is a therapy technique that is very effective in addressing all forms of trauma; both physical and emotional.

*Fun fact: Because of its bilateral nature, EMDR beautifully compliments vestibular issues.*

The majority of my work has been to help people adjust after major life events. I have experience working with depression, anxiety, chronic pain, insomnia, eating disorders and interpersonal relationships.

A bit about me personally... I did my Bachelor's at Queen's University and then spent a few years travelling and teaching English abroad before completing my Masters of Counselling Psychology. I am quite outgoing by nature, very energetic, and I enjoy taking on new challenges. My go-to form of physical activity is running and yoga. I also love to cook and read. I am married to a man who grounds me and we share two curious and inspiring children. I was born in Iran and can speak fluent Farsi.

I absolutely love my job, and still find it hard to believe that I make a living doing something I enjoy so much. My therapy style is dynamic, person-centered, strength-based and collaborative. To date, I can confidently state that I have not yet had a client from whom I haven't learned, and this is what makes my job really fun and interesting. I look forward to this new journey

## AT-HOME EXERCISE

### DEEP BREATHING

Start by sitting up straight with your legs crossed. Slowly inhale through your nose, fully expanding your chest and diaphragm. Slowly exhale through your mouth. Repeat 10-15 times.

