



Individual Psychotherapy

Contemplative Psychotherapy

I will be using a model called Contemplative Psychotherapy. CP is different from behavioral and cognitive approaches that are focused more on diagnosis and symptom reduction.

Contemplative Psychotherapy is a Mindfulness-Based Approach that helps you to move slowly towards a greater understanding of what is unfolding in your experience.

Contemplative Psychotherapy requires that the therapist continually engage in their own psychological-spiritual work in order to remain effective with their clients. My Yoga and Buddhist Meditation practice over the past 18 years has served as the foundation of my life and how I work with clients. I also enjoy engaging in my own psychotherapy and attending occasional retreats. All of this allows me to remain fresh, clear and compassionate with my clients as they move into the darker spaces of their psyche.

From a contemplative point of view there is an understanding that suffering is a fundamental part of our existence. Instead of trying to eliminate pain, anger, depression or fear we will move into a more direct and compassionate experience of it. Through this process, you will begin to develop confidence in your ability to work with the ever shifting experiences of your mind. These experiences will have less power of you and your inherent wisdom will begin to reveal itself.

Logistics

Please contact me to schedule a free 30 minute consultation to see if we would be a good fit for each other (503.757.3141 or sean@pdxgroups.com). My rate is \$120 per 50 minute session. I also take Pacific Source, United, Providence and CIGNA Insurance (Kaiser Permanente Insurance tentatively in January 2018).

The psyche is enormously powerful. We need to be careful with how quickly we move into it. If you are new to therapy, desiring a more gradual approach and/or need to save money, I can offer you intermittent therapy. What this means is that we can meet for a brief period of time (Typically 8-16 sessions) to address one or two issues that are important to you. You will then have a break from the therapy in order to integrate these changes into your daily life. Once you feel comfortable living in this new way, you can return at a later time to address the next stage in your evolution.