

# MIND/BODY THERAPY

UNIVERSITY OF COLORADO HOSPITAL  
THE CENTER FOR INTEGRATIVE MEDICINE

## WHAT IS MIND/BODY THERAPY?

Mind/body therapy focuses on the connection between mental and physical health. Therapy is generally administered by a psychologist and includes treatments such as biofeedback, relaxation techniques, cognitive behavioral therapy, mindfulness and behavioral counseling.



*fig. 1 - Relaxation techniques taught by your therapist can increase the effectiveness of your care.*

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# THREE THINGS YOU SHOULD KNOW ABOUT MIND/BODY THERAPY:

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1.

Behavioral counseling is a system of therapy used to help individuals make changes in their lives by looking objectively at behaviors, feelings and thoughts in troublesome situations. At The Center for Integrative Medicine, behavioral counseling is often enhanced through other specific mind/body therapies like relaxation training and breathing techniques. This not only makes therapy more powerful, but it also allows patients to take a proactive, self-care role in their therapy. Research has shown behavioral counseling to have a positive effect on emotional, mental and physical health. According to a *Consumer Reports* survey, 9 out of 10 Americans who underwent behavioral counseling found it helpful.

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2.

Biofeedback is a powerful therapeutic tool used to teach patients how to self-regulate their bodies and behavior. During treatment, sensors or electrodes are attached to the skin, allowing patients to monitor their involuntary bodily functions (heart beat, blood pressure, hand temperature, muscle contractions and brain wave activity). They can then associate certain behaviors and mental stimuli with pain, anxiety and other disorders. Through psychologist-led training, mental exercises and trial and error, they can then learn how to control these involuntary functions and positively improve their condition.

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3.

To get the most out of mind/body therapy, you should feel a sense of open and honest communication with your therapist. Treatment works best when both you and your therapist establish and maintain a positive working relationship. If you have any expectations or concerns for your therapy, make sure you clearly express them. It is also important to take proactive interest in your therapy by attending all scheduled sessions, having given forethought to what you'd like to discuss.

## WHAT HAPPENS DURING YOUR TREATMENT:

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### BEFORE YOUR SESSION

Our model of therapy emphasizes a coordinated, team approach. To accomplish this, your therapist will collaborate with your outside health care providers, as well as with your other providers at The Center for Integrative Medicine and University of Colorado Hospital. We will always ask for your consent to do this. Everything discussed during your appointments is legally confidential and cannot be released without your consent. Your therapist will discuss confidentiality in detail before you begin treatment.

### DURING YOUR TREATMENT

You will begin therapy by identifying conditions and behaviors in your life that you'd like to change. Your therapist may ask you how you'd like things to be different, or he/she may recommend places to start making adjustments. After you've established what you'd like to change, you and your therapist will decide goals and targets, which will function as markers for progress. Over the course of your treatment, your therapist may recommend a variety of mind/body techniques, including biofeedback, relaxation techniques, cognitive behavioral therapy, mindfulness and behavioral counseling. You will work with your therapist to determine the best therapies for your situation.

### HOW MANY SESSIONS WILL YOU NEED?

Every mind/body therapy plan at The Center for Integrative Medicine is specially designed for the individual. The length of your personalized treatment program depends on your specific condition and your goals. During your first session, your therapist will help you determine the length of time it should take for you to see changes.

## CONDITIONS HELPED:

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**ANXIETY**

**COPING WITH CHRONIC ILLNESS**

**DEPRESSION**

**FATIGUE**

**FIBROMYALGIA AND OTHER PAIN CONDITIONS**

**GRIEF AND IDENTITY**

**HEADACHES**

**HIGH BLOOD PRESSURE**

**JAW AND MYOFASCIAL PAIN**

**MOTION SICKNESS**

**NAUSEA**

**SMOKING CESSATION**

**WEIGHT MANAGEMENT**

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# SCHEDULE YOUR APPOINTMENT

If you would like to schedule a mind/body therapy appointment, please call The Center for Integrative Medicine at 720.848.1090. Appointments can be made Monday through Friday, 8:30 am - 5:00 pm.

# HOW MUCH DOES IT COST?

Mind/body therapy, provided by a licensed psychologist at The Center for Integrative Medicine, is often covered by insurance. Please check with your provider to find out if you are covered. The cost of counseling varies with the type and duration of your session. Typically, mind/body therapy visits range from \$68 to \$154 per session.

*All prices are subject to change.*

# CONTACT INFORMATION

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*By making this information available, the University of Colorado Hospital and The Center for Integrative Medicine do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.*



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