A New Day Family Counseling

Other Psychotherapy Services:

Everyone faces challenges at some point in their life. Seeking help during these times is a sign of strength which can lead to new insights and a more fulfilling and happy life! Services are offered for adults, children, teens, couples and families to address the following:

- Anxiety and Stress Related Disorders
- Depression
- Bi-Polar and other Mood Disorders
- PTSD and Trauma
- Relationship Problems
- Parenting Issues
- Hyperactivity/Attention Deficit Disorder
- Oppositional Defiant Children/Teens
- Behavioral/Emotional issues in Children/Teens
- School Adjustment & Anxiety
- Bullying
- Social Anxiety
- Grief and Loss
- Life or Work Transitions
- Managing Anger
- Substance or Alcohol Misuse/Abuse
- Suicidal ideation or Self Harm
- Divorce/Separation Adjustment and Co-Parenting
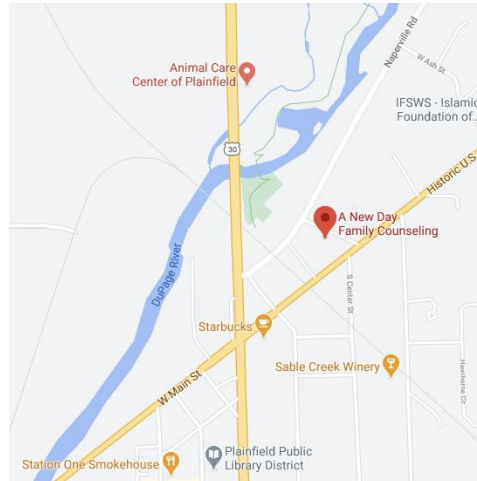- Video Game/Technology Dependence/Addiction
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A New Day Family Counseling

Feel Better.   *Think* Better.   *Connect* Better.

integrated Listening Systems

iLS Safe and Sound Protocol
&
iLS Focus

Feel Better.

Feel more safe, calm, grounded and resilient.
Feel less irritable, anxious and overwhelmed.

SSP helps clients respond effectively to life's challenges by replacing emotionally-charged reactivity with controlled response and resilience.

Think Better.

Think more clearly, attentively and creatively.
Think less rigidly, disorganized and distractible.

SSP helps clients access higher learning and cognition enabling them to learn and retain important facts and concepts to enable confidence.

Connect Better.

Connect more openly, genuinely and wholly.
Connect less guarded, distant, and with less opposition.

SSP helps clients build positive social relationships enabling them to truly connect with others making life more fulfilling and joyful.

The Integrated Listening Systems (iLS) Safe and Sound Protocol (SSP) is a therapeutic intervention designed by Dr Steven Porges (Polyvagal Theory) that reestablishes safe connection and grounding with the autonomic nervous system to access a sense of safety and smooth executive functioning by stimulating the cochlear nerve in the ear as clients listen to music in a safe and comfortable environment. This allows the client to:

- Re-familiarize body to a sense of safety to process and respond better, to respond vs react.

- Improve organization, brain and body function.

- Build learning capacity and reduce sensory sensitivities to prepare for higher level executive and cognitive functioning.

- Facilitate emotional regulation and sense of grounding that encourages more focused body coordination and learning.

Learn more at https://integratedlistening.com

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iLS SSP

SSP relieves symptoms that stem from the activation of the autonomic nervous system i.e. the vagus nerve. These can include:

- Trauma and PTSD Symptoms – Intrusive Memories, Hypervigilance, Re-Experiencing and Hyperarousal.
- Anxiety and Related Disorders – Phobias, OCD, and Panic Attacks
- Emotional Meltdowns in Children/Teens
- Stomach/Gut Disturbances or Conditions
- Panic Attacks
- Insomnia and Sleep Disorders
- Sensory Processing Disorders
- Dissassociative Disorders
- Pain Conditions
- Migraines
- Tic Disorders, Repetitive Movements
- Respiratory Symptoms - Asthma, Hyperventilation, Apnea.
- Circulatory Symptoms - Blood Pressure and Vascular Inflammation.
- May Improve Metabolism, Fatigue, Skin Sensitivities, and Sensory Sensitivities.
- And more.

iLS FOCUS

Utilized under clinical supervision in the comfort of home after SSP has been completed to increase functioning in areas of:

- Sensory/Motor
- Concentration & Attention
- Reading
- Auditory Processing
- Optimal Performance
- Calming Self