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An integrative approach for treating anxiety and depression

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Few practitioners are informed of the importance of the connection between the basic needs of the physical body and how it affects the mindset while they understand the connection between those same basic needs and how it affects the physical body. We need to become more aware of the connection between what happens to the physical body and how it affects the mind when taking a holistic approach to treating anxiety and depression. It is no longer effective to just medicate

the symptoms of depression and anxiety without looking at the physical behaviors such as sleep, water intake, gut-brain axis and untreated traumas that contribute to the emotional response which is at the core of anxiety and depression. Many research topics support the correlation of sleep, water intake, the importance of the gut-brain axis and untreated traumas with anxiety and depression but few practitioners practice this holistic approach. The link between sleep and mood has been documented for years now. We now know people who struggle with sleeping issues have a greater chance to have clinical depression and are even more likely to have signs of clinical anxiety. As practitioners,

we need to look outside the box if medications do not help our clients find the peace of mind they desire. In this workshop, I will define eight key elements that support a healthy mindset and how a holistic approach can be extremely helpful in treating young adults who are suffering from anxiety and depression including some natural therapies that are just as effective as medication.

Biography

Pamela Tremblay has her expertise in Integrative EMDR and passion for improving the mindset of others. Her integrative approach creates new pathways when looking at mental health treatments. She has built her theory after 20 years of experience in counseling, teaching, and evaluating college-age young adults. Her Ph.D. is in Holistic Health and Nutrition and her specialist & master's degrees are in Counseling and Educational Psychology.

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