

Tools for Healing

| Tool | Comments |
|-----------------------------|--|
| Individual Therapy | Talk therapy is a common tool throughout the healing process. Often, it may start with a higher frequency (e.g., 2x per week if in crisis) and vary in frequency thereafter. A therapist will help you determine what's going on with your well-being, equip you with tools to help manage how you feel and behave and work with you to create a plan based on your goals. |
| Psychiatric Hospitalization | If in a severe crisis where suicide is contemplated, it may make sense to be admitted for 24/7 psychiatric care until stabilized. You will have a team of trained professionals taking care of you 24/7 to ensure your safety until appropriate next steps are determined. |
| Medication | Medication may be necessary, either short-term or long-term. It's most effective when combined with other healing modalities and lifestyle changes. You may be prescribed by your primary care physician or a psychiatrist. Your therapist will refer you to another professional that specializes in medication. |
| Dissociatives (Ketamine) | In the past two decades, subanaesthetic doses of ketamine have been demonstrated to have rapid and sustained antidepressant effects, and accumulating research has demonstrated ketamine's therapeutic effects for various psychiatric conditions. |
| Support Group | A support group may be family, friends, 1-800 hotlines, or an anonymous group like a 12-step program. No pill can replace the value of direct human connection. We each need to find a tribe of people we can connect with during our healing journey for support and learning. |

Emotional Healing Checklist

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Emotional Healing Checklist:

Immerse yourself in the artistry of words with Crafted by is expressive creation, Immerse Yourself in **Emotional Healing Checklist** . This ebook, presented in a PDF format (PDF Size: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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