



Evidence-Based Therapeutic Interventions at Lomi Psychotherapy Clinic

What distinguishes Lomi from other clinics is our specialty in **mindfulness-based somatic practices**. We have been a leader in training psychotherapists in this specialization since 1970.

Mindfulness-based somatic practices combine mindfulness, which involves paying attention to the present moment without judgment, with somatic awareness, which involves noticing and experiencing bodily sensations. The integration of these two elements helps individuals develop a deeper understanding of their thoughts, emotions, and physical sensations.

By incorporating mindfulness-based somatic practices into therapy, individuals can develop greater self-awareness, emotional regulation, and resilience. These practices can help them cultivate a more compassionate and present-oriented approach to life, leading to improved well-being and a greater sense of wholeness.

Cognitive-behavioral therapy (CBT) is a widely recognized and effective form of psychotherapy that focuses on understanding the connections between our thoughts, feelings, and behaviors. It is a practical, goal-oriented approach that helps individuals identify and change negative patterns of thinking and behaving to improve their overall well-being.

In CBT, the therapist works collaboratively with the client to explore how their thoughts and beliefs about themselves, others, and the world around them influence their emotions and actions. The underlying principle of CBT is that our thoughts, feelings, and behaviors are interconnected and can influence each other in significant ways.

Psychodynamic therapy is a therapeutic approach rooted in the understanding that our thoughts, emotions, and behaviors are influenced by unconscious processes and past experiences. It aims to explore and uncover the underlying psychological conflicts and unresolved issues that contribute to a person's current struggles. Through the therapist-client relationship, psychodynamic therapy encourages self-reflection and insight, allowing individuals to gain a deeper understanding of themselves and their patterns of relating to others. This approach emphasizes the exploration of unconscious motivations, defense mechanisms, and childhood experiences, with the ultimate goal of promoting psychological healing and personal growth.

Trauma-informed psychotherapy is an approach to therapy that recognizes and addresses the impact of trauma on an individual's mental, emotional, and physical well-being. It is characterized by a deep understanding of the pervasive nature of trauma and

its potential to shape a person's life experiences and coping mechanisms. This therapeutic approach emphasizes safety, trust, and collaboration between the therapist and the client, prioritizing the individual's autonomy and self-determination.

Trauma-informed psychotherapy integrates evidence-based techniques and interventions to create a supportive and validating environment, empowering clients to explore their traumatic experiences at their own pace while fostering resilience, healing, and growth. The therapist acknowledges the client's trauma history, respects their unique responses, and aims to promote empowerment and recovery through compassion, validation, and the cultivation of healthy coping strategies.

Family systems techniques in therapy focus on understanding and addressing the dynamics and interactions within a family unit. These techniques recognize that individual behavior and psychological well-being are influenced by the larger family system and aim to improve family functioning as a whole. Therapists employing family systems techniques often utilize interventions such as genograms, which are visual representations of family relationships and patterns across multiple generations.

Through genograms, therapists can identify recurring themes, conflicts, and strengths within the family system. Additionally, techniques like structural family therapy may be used to modify family interactions and hierarchies, while strategic family therapy focuses on altering problematic patterns of communication and behavior. By working within the family system, these techniques help to foster healthier relationships, enhance communication, and promote overall family well-being.

Attachment-based therapy refers to a therapeutic approach that focuses on exploring and addressing the dynamics and patterns of attachment between individuals, particularly in the context of close relationships. Rooted in attachment theory, this approach recognizes the significant impact of early bonding experiences on an individual's emotional well-being and their ability to form and maintain healthy relationships throughout life.

Through a collaborative and empathetic process, the therapist and client explore the client's attachment history, examining their attachment style, relational patterns, and unresolved attachment-related issues. The therapist provides a safe and supportive environment where the client can develop insight, heal past wounds, and cultivate new, secure attachment experiences. By fostering a secure therapeutic relationship, attachment work aims to promote emotional growth, enhance interpersonal skills, and facilitate healing from attachment-related traumas, ultimately leading to improved well-being and more fulfilling relationships outside of therapy.