

Our Psychotherapy Services at Therapeía Institute



www.instituttherapeia.ca

At Therapeía Institute, we offer our services in French, Italian and Arabic only.

The psychotherapy service, for individuals or couples, is offered both in-person and virtually (through video counseling or tele-counseling). We also offer our expertise in life, couple, and parental coaching to our clients. We can also provide both short and long-term follow-up. As psychotherapists, we reserve the right, with the client's consent, to conduct an introductory session for assessment and for establishing an achievable goal.



We can address the following needs:

- Stress and Personal Life (from childhood until the present – the imprint and history of life)
- Couple and Family Problems
- Anxiety, shock, and post-traumatic stress
- Intense and disruptive emotional reactions
- Depression
- Negative thoughts and limiting beliefs
- Feeling detached from oneself and the world
- Burn-out, burn-in or compassion fatigue
- General grief, perinatal grief, and pet loss grief
- The stages of life (birth, departure, death, moving, immigration...)
- Anger, interpersonal conflicts, and the desire to set boundaries
- Difficulty with concentration
- Serious, chronic, or life-ending sickness

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Our Approaches and Methods

At Therapeía Institute, we use the humanistic-existential approach and the systematic-relational approach.

In addition, we prioritize and integrate brief, strategic and systemic therapy. We use practical, concrete and functional models and experiment with them in the here and now. This approach is solution oriented and can be accomplished in a single session. The client becomes aware of their resources, and therefore coordinates in achieving their goal and connecting with their resources. We also benefit our client by making use of our expertise in Neuro-Linguistic Programming (NLP), Ericksonian and Humanistic Hypnosis, *mBraining* and *mBIT – multiple Brain Integration Techniques*. We integrate the mindfulness, visualization, as well as Acceptance and Commitment Therapy (ACT).

In the past two years, we have developed a particular interest in somatic therapy in order to address its illnesses and symptoms. We also use sensorimotor psychotherapy and *Eye Movement Desensitization and Reprocessing (EMDR)*, *flash technique*, and *Brain spotting* to address trauma and developmental wounds. We welcome individuals, couples and families.

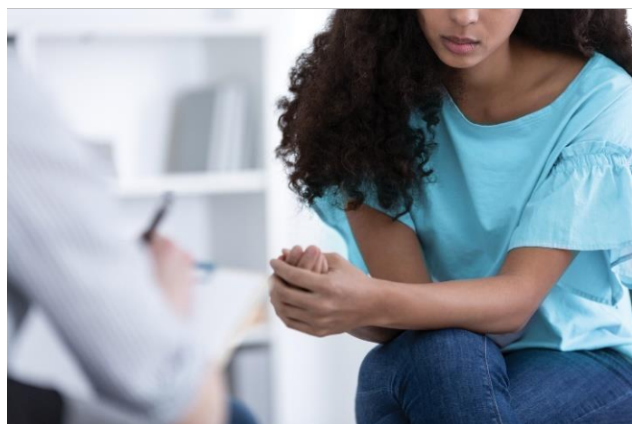
Below is the summary of the services we offer that you can book your appointment for :

- 1. Individual Psychotherapy**, which aims to provoke changes in attitudes, behaviors and achieve autonomy.
- 2. Couples Therapy**, which helps to establish harmony in the relationship and achieve a common goal as a couple.
- 3. Eye Movement Desensitization and Reprocessing (EMDR) therapy**, which aims to help clients overcome negative psychological consequences resulting from traumatic events.

4. **Sensorimotor Psychotherapy**, which aims to restore the patient's ability to adequately process information, which may no longer be influenced by their past painful experiences.
5. **Life Coaching, with a brief and strategic approach (hypnosis and mBraining)**, which aims to help the individual develop in coherence and alignment with their own goals, vision, and life mission.
6. **Single-Session Therapy**, addressed for anyone who is short on time and would like to achieve a single goal set in one session!
7. **« Naturally Slim», a therapy using the « Right Weight Forever » method**, which aims to help the individual to naturally lose weight while still eating, but by doing things differently.
8. **Support during illness (cancer, chronic illness...) or at end-of-life stage**, which aims to help the client fulfill their potential and develop and achieve their full potential despite their current condition.
9. **Counseling using the Model of Values**, which aims to allow the person to consolidate their identity, and give them access to their experience of being unified through the integration of their core values.

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Here are the services we offer in detail



Individual Psychotherapy

The Quebec Order of Psychologists, defines psychotherapy as a psychological treatment that aims to provoke changes in attitudes, behaviors, ways of thinking or reacting in a person to help them feel better, find answers to their questions, solve problems, make choices, and better understand themselves. In Quebec, a license is required to practice psychotherapy: a psychologist's license, a physician's license, or a psychotherapist's license. We use our experience

in psychotherapy and brief therapy (NLP, Ericksonian and humanistic hypnosis) to benefit our clients, helping them achieve their autonomy or their goals.



Couples Therapy

The OTSTCFQ website states: “When conflicts are regular, communication is lacking, there is a loss of desire, harmony does not return to the couple, it may be time to consider couples therapy”. Couples therapy aims to strengthen the relationship, preserve dialogue and respect between partners. It facilitates lasting changes and helps bring unspoken issues to the surface. We also use our expertise in psychotherapy and brief therapy, NLP, and hypnosis to accompany the couple towards achieving their goals.

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Eye Movement Desensitization and Reprocessing (EMDR).

This is another method used in psychotherapy aimed at helping a client overcome negative psychological consequences resulting from traumatic events, big or small.



Sensorimotor Psychotherapy

“It is a therapeutic approach that considers the body as a crucial source of information in the treatment of past experiences related to trauma and developed wounds. It recognizes the bodily experiences, thoughts, and emotions as not only integral parts of the trauma experience but also the healing process. Its goal is to restore the

patient’s ability to adequately process information, which may no longer be influenced by their past painful experiences.”



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Life Coaching with a brief and strategic approach
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We practice life coaching according to the *mBraining* and *mBIT* (*multiple Brain Integration Techniques*) method, as well as strategic coaching. *mBraining* is a strategy in which we use the three brains (the head brain,

the heart brain, and the gut brain) to facilitate the process of alignment and integration of these different brains. This is done through a series of practical techniques to communicate with the unique intelligences of the different brains, align them, and put them at the service of the individual. For example. We can help the person make a decision, amplify positive emotions, feel compassion towards oneself and others, integrate creativity, and embody courage.

Given that strategic coaching is inspired by brief strategic and solution-oriented therapy, it is practical, functional, and future oriented. It has its own structure and protocol. Within this framework, we also provide couples and parental coaching. The Ericksonian hypnosis and NLP are integral parts of this process.



Single-Session Therapy

Single-session therapy is a session for everyone who is short on time and would like to achieve a single goal set during one session! We follow a specific protocol. The client will need to fill out a questionnaire before the session, where the session can last between 60 to 120 minutes.

It is preferable to book the session at 20:00 in order to allow for enough time.

Moreover, it is a complete therapy session that respects the framework of psychotherapy, as recognized by the Quebec Order of Psychologists.

During this single session, the therapist, together with the client, co-constructs a plan to solve their problem using their own resources and strengths. The goal of this session is for **the client to “go home with a sense of hope**, knowing that they have been listened to, and feeling reassured about their ability to manage their own problems”.

After this single session, the client will always have the option to continue further meetings in a short- or long-term perspective, if necessary.



« **Naturally Slim** », a therapy using the « **Right Weight Forever** » method.

This method is inspired by certain presuppositions of NLP, such as “every person uses all the necessary resources at their disposal to achieve success in their approach. If something is not working, it is better to act

differently. Failures do not exist, only results exist”. According to Debora Conte **“if there are naturally slim people, you can become too”**.

The secret of this method consists of changing habits while distinguishing them from identity.

By following the OMI model (Observation, Modification, and Installation), **we can help the person become a “Naturally Slim” person, first on the inside, and then on the outside**. To integrate changes in habits and achieve this “Naturally Slim” state, we use some NLP tools such as visualization, timeline, swish, belief change, alignment of logical levels, and several others.

Indeed, the goal is to **Naturally Slim down while eating, but by doing it differently**. It’s about adopting new habits with 7 steps to reach the right Weight for Good and enjoy a beautiful and happy life.



Support during illness (cancer, chronic illness...) or at end-of-life stage.

After a needs assessment, the therapist established an accompaniment plan with the individual, partner, or family to provide appropriate support.

The therapist is characterized by a posture of conformity, respect, empathy, active listening, openness, and unconditional acceptance. The goal is to help the client self-actualize while developing and realizing their full potential despite their current state. Our listening is based on the Rogerian Approach. Our interventions may vary depending on the context, need, and moment. We are open to the psychocorporal approach and brief strategic therapy (including NLP, hypnosis, visualization, relaxation...). Our interventions take into consideration the following presuppositions:

The human person possesses within themselves what they need to self-actualize, and our presence is important to facilitate their connection to their resources.

Working from the individual's Fundamental Values or their own values, allows the person being supported to find themselves in their uniqueness.

The more the support person listens to the clients Fundamental Values in a cooperative and systematic manner, the more the person becomes aware of their skills and feels confirmed in their being.

The psychotherapist identifies their own values, which allows them to better respect the values of the other. This will enable them to provide appropriate and objective support.



Counseling using the Model of Values

At Therapeía Institute, counseling services are addressed for anyone experiencing personal difficulties that cause them psychological suffering or distress, and whose causes may be psychological, psychosomatic, social, or other, and may or may not include a spiritual or religious component.

This value-centered method is carried out through listening to the Fundamental Value.

By “Values”, we mean the goods sought after by the person, in accordance with their deep human, spiritual, and religious aspirations. At the philosophical level, this concept refers to the notion of the supreme good as presented by the philosopher Aristotle. Charles Taylor, in *Sources of the Self*, speaks of it in terms of hyper-good.

Counseling, as practiced at the Therapeía Institute, in addition to its reference to Yvon Saint-Arnaud’s Values Model, draws on psychological approaches that recognize the role and place of values and the search for meaning in the psychological development of individuals (Viktor Frankl’s Logotherapy, Abraham Maslow’s Transpersonal Psychology, Carl Jung’s Analytical Approach, and Roberto Assagioli’s Psychoynthesis).

We listen to the client with empathy and depth, following their listening to the place of unveiling of their psycho-spiritual or psycho-religious dynamism that is particular or unique to their journey towards healing.

For this type of work, we use Mental Imagery and Directed Daydreaming, if the context, atmosphere, or environment allows. Otherwise, we use any appropriate and suitable intervention.

What are the principles that Guide Therapieá Institute?

- Every human being is fundamentally good
- Change occurs in a safe environment, with confidence, and without violence
- The therapist always puts themselves in a state of resourcefulness and benevolence (mindset)
- As therapists, we are interconnected with the client. And with the client, we are interconnected with the universe. The principle of unity.
- We respect each person in their totality: bio-psycho-social-spiritual.



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Civil Wedding Ceremony in Quebec
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- According to the civil law of Quebec
- An Authentic Wedding that reflects your VISION & your PERSONALITY
- In French, Arabic, or Italian
- Anywhere in the territory of the province of Quebec

Here's a recap of our services!

What is Psychotherapy?

Psychotherapy is offered as treatment for individuals and couples, it aims to improve the person's well-being by provoking changes in their attitudes, behaviors, thoughts, and emotions.

What are our approaches and methods?

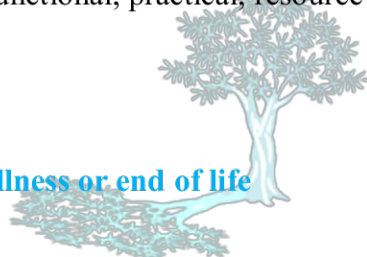
We are prepared to intervene according to several approaches and models, but we favor brief and strategic therapies, which are functional, practical, resource-based, and solution-oriented.

Counseling and support for illness or end of life

We listen to the client with empathy and depth. Despite the illness, the person possesses within themselves what they need to self-actualize. Our presence is important to facilitate their connection to their values and resources.

Celebration of your wedding according to the civil law of Quebec

We can celebrate your civil wedding and crown your love and commitment to each other according to the civil law of the province of Quebec. We draw inspiration from your passions and values to create the ceremony.



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Questions/Answers!!!???

What does the first therapy session at the Therapeía Institute consist of?

To better understand you and build the helping relationship, an initial assessment is necessary. This will serve to establish a first practical care plan and co-construct a goal to be achieved.

What are the flagship services at Therapeía Institute?

Do you want to lose weight and slim down naturally? We have expertise in brief therapies.

Do you want to avoid the waiting list and limit costs? We offer Single-Session Therapy.

What are the principles that guide the Therapeía Institute?

We believe that every human being is fundamentally good. We respect each person in their totality: bio-psycho-socio-spiritual. Your process of change will be safe, with trust, and in benevolence.

What are the services offered in a case of stress or post-traumatic shock?

According to the results of the assessment, 3 types of therapies are offered in these cases:

- Sensorimotor Psychotherapy and *Eye Movement Desensitization and Reprocessing* (EMDR)
- Flash technique
- *Brainspotting*, or Brief Therapy to Overcome Obstacles

Do we have licenses to practice psychotherapy?

Our psychotherapist Charbel Ibrahim is M.A., T.C.F. and a psychotherapist. His registration number with the OTSTCFQ is CHAI2110140TCF and his registration number with the OPQ is 61252-15. For each service offered, he has certificates of training from institutions recognized at an international level.