



IFARADA

Centre for Excellence

Ifarada's Counselling Approach



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From a family tree that has healthy roots, there emerge healthy leaves and most bountiful fruits"

OUR APPROACH

We value the harmony that exists within our body, mind, and spirit. Through the use of holistic healing, we work to build our strengths, empower our visions, and spark motivation to achieve our outcomes. Our work is centered around culturally informed practice and is rooted in equity and inclusion. We aspire to support individuals, families and communities to demonstrate their power through healing, empowerment, resilience, and opportunities. There are always two facets regarding people's favoritism to particular literary work. Some like the book better, while some others prefer the big-screen adaptation.

Here, the writer answered several key questions to figure out the similarities and differences between the book and movie versions, supported with some excerpts or examples.

THEORIES & PRACTICES

- Narrative therapy
- Solutions focused therapy
- Family Systems approach
- Interpersonal
- Dialectical Behaviour Therapy
- Strengths-based
- Mental health difficulties, (i.e., anxiety, depression)
- Grief/loss
- Trauma
- ADHD, Conduct disorder
- Attachment difficulties

Check out our full suite of support services at:

www.ifaradainstitute.org



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."

Marianne Williamsom

UNDERSTANDING COUNSELLING AT IFARADA

Some of our programs are funded by third-party funders, and require eligibility to meet the requirements. Other programs can be provided at a low cost with an intern supervised by an internal and external supervisor and consultant. These programs may require interns to record sessions for teaching purposes. Contact us for more information and to register as a client.

WHAT IS HOLISTIC CARE?

Some Westernized approaches follow the medical model on extinguishing the problem, in a set number of sessions. In holistic care, there is a focus on the individual's needs and peace within their body, mind, and spirit. You are encouraged to direct your healing, determine the number of sessions for yourself, and your desired outcome. It may take 2-3 sessions for you to engage and connect with the therapist/counsellor. Following this, you may decide on weekly, bi-weekly or monthly sessions. Our team accepts that pain may exist in life and that pain is inevitable. Thus, we support you to address the pain in a way that can last a lifetime.

WHAT IS SUPERVISED COUNSELLING?

Becoming a psychotherapist or counsellor in Ontario is a regulated and supervised practice. Once an individual completes their undergraduate or graduate degree requirements, they may be required to complete an internship. After the internship, there are additional requirements such as supervised practice, additional continuing education credits, completion of an exam, and more. Since therapists are still learning, our practice can offer lower fees and access additional funding. Quality is never compromised, and our counsellors are guided to provide you the service you need.

