

HAPPY SPRING!



HELLO!

It's been several months since my last update. I'm currently based in Colorado, with periodic travel to Omaha for in-person sessions. I continue to work with Nebraska clients via telehealth.

(Hope you enjoy some of my photos from the West)



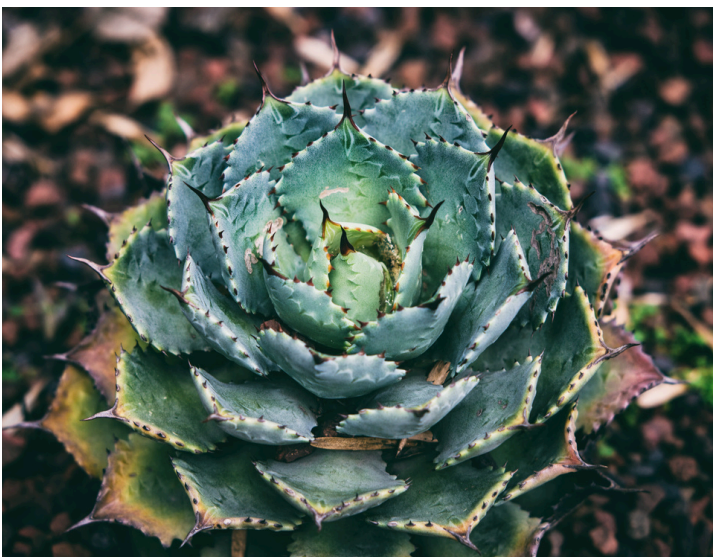
WHAT'S NEW:

I'm currently training in Gestalt therapy. For more information on this type of therapy, see below.

My work remains grounded in evidence-based practice, with careful integration of approaches that support deeper insight and emotional processing. Modalities such as Brainspotting and Gestalt can complement structured therapies by helping clients access patterns that may not be immediately available through traditional talk therapy.

While Gestalt has a longer clinical history than its research base reflects, it has demonstrated value in supporting self-awareness and experiential processing when used thoughtfully.

(continued below)



WHAT'S NEW (CONT.)

In parallel, I'm continuing toward EMDR certification to further anchor my practice in well-established, research-supported modalities.

My focus remains on helping clients develop clarity, stability, and meaningful change through a combination of structured and depth-oriented approaches.

I hope you are taking good care.

Warmly,
Tiffany



WHAT IS GESTALT?

Gestalt therapy and talk therapy are both forms of psychotherapy, but they differ in their approaches and techniques.

Gestalt therapy focuses on the present moment and self-awareness, encouraging clients to explore their emotions and experiences. It emphasizes understanding the context of a person's life and involves exercises that help clients express their feelings and thoughts more fully.

Talk therapy typically involves discussing issues and emotions with a therapist in a conversational manner. It often focuses on identifying and changing negative thought patterns and behaviors, and it may include various techniques depending on the specific type of talk therapy being practiced, such as cognitive-behavioral therapy or psychoanalysis.

In summary, while both aim to improve mental health, Gestalt therapy emphasizes present awareness and experiential exercises, whereas talk therapy generally involves conversation and cognitive exploration. Both styles are valid and useful.