

Our Services

Individual, Group, and Family Therapy

WellSource's staff of competent and compassionate clinicians provide individualized, effective, and trauma-informed therapy for a variety of concerns, including depression, anxiety, relationships, addiction, and multi-occurring diagnoses across the lifespan.

EMDR (Eye Movement Desensitization and Reprocessing)

EMDR is a psychotherapeutic approach based on adaptive information processing philosophy. Unresolved trauma memories are viewed as information that has been dysfunctionally stored in the brain and needs to be re-processed to connect with more positive thoughts, beliefs, and emotions. This integration is facilitated by the use of bilateral eye movements, auditory tones, or taps/vibrations that assist clients in maintaining a "dual focus" of attention on various targets.



Trauma-Informed Services

Our mission and service are guided by this realization:

- Life circumstances sculpt the mind. Emotional resilience and vulnerability develop depending on how the mind adapts to life adversity.
- When the mind cannot adapt, when adverse experience overpowers it, then emotion, which should be the primary source for meaning, purpose, and healthy adaptation, becomes a terrorizing threat. The experience of life is hijacked by this threat until the mind is helped to resolve this threat.

DBT (Dialectical Behavior Therapy for Adolescents and Adults)

DBT is a skills-based, cognitive-behavioral approach emphasizing psychosocial theory to help individuals learn to "walk the middle path." It incorporates skills of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

PCIT (Parent Child Interaction Therapy)

PCIT is for children ages 2 to 7 years old that demonstrate challenging behaviors such as aggression towards others, temper tantrums, and defiance. PCIT actively involves the parents or caregivers by teaching strategies to decrease these behaviors in their child and has been proven effective in multiple research studies.

Mindfulness

Working with clients to be in the moment, learn how to integrate and regulate their

emotions through breathing. This creates greater self-awareness and awareness of others in the world and then reaping the substantial benefits of that awareness, both inwardly and outwardly. Mindfulness is about learning to be fully present. Studies in both medicine and neuroscience are showing mindfulness is an essential life skill that can have profound consequences in terms of both physical and mental health.

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Parenting Groups

Based on Dr. Daniel Siegel's and Dr. Tina Payne Bryson's "No-Drama Discipline," parents or caregivers learn about child development and interpersonal neurobiology, and how to apply these subjects to parenting, while at the same time improving the parent-child relationship.

ABOUT US

We are a not-for-profit provider of comprehensive mental health services with deep roots in North Iowa. Reaching out to serve individuals, families and communities in North Iowa brings new opportunities in a rapidly changing world.

WellSource is committed to providing high quality diagnostic treatment and support services that enrich the lives of people and the communities where they live, learn, work, and play.

We believe emotional health is the foundation of wellness and the key to experiencing satisfaction, connection, and purpose. New interventions and research-based treatments more effectively target individual needs and promote better outcomes.

****Risk and Benefits of Treatment****

Some benefits of treatment include, learning to integrate and regulate intense emotions, processing traumatic experiences, connecting with oneself in a healthy manner and changing maladaptive behavioral patterns to adaptive ones that are more nurturing of the well-being of self and others. Some potential risks of treatment include triggering traumatic experiences, feelings of intense emotions, and temporarily increased symptom severity.



OUR MISSION

Facilitating personal growth through health in mind and body.

OUR VISION

A healthy and resilient world nurturing the next generation.

OUR VALUES

Compassion, Partnership, Service,
Integrity, Excellence



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**Trauma
Informed
Care**

