

Dr. Aart Lovenstein, Psy.D, LPC

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In network with BCBS, Moda,
Magellan Health and cash-pay.
Free phone consultation, weekends

Dr. Lovenstein practices a compassionate, creative and sensitive therapy using the **BODY** (EMDR, EFT, Dual Brain Tx, Sensori-Motor, Cranial Electro-therapy Stimulation, Earthing, Somatically Accessed Wisdom, BrainSpotting) and the **MIND** (Psycho-dynamic, Solution Focused, Inter-personal). His therapeutic approach is systemic. This is a philosophy of counseling that looks at the client and his/her interactions with environmental factors such as life experiences, health, culture, gender, their significant others and society at large.

Dr. Lovenstein has taught as an adjunct professor at Portland State University on the psychology of trauma, focusing on different kinds of trauma (i.e., Holocaust, terrorist attacks, combat reactions, sexual abuse) in consideration to aspects such as neuro-biology, resiliency, compassion fatigue, intergenerational transmission of trauma and innovative body-mind treatments.

It is Dr. Lovenstein's belief that even though people seem to differ in their inborn ability to handle life's stresses, their resiliency and sense of mastery can be cultivated. This in turn can enhance their confidence in their own survival and increase their sense for perspective and their drive for meaning and deepen their spirituality.

Sensori-motor approach teaches clients to follow the inherently intelligent processes of body and mind to promote healing. It is particularly helpful in working with the effects of trauma, abuse and pain.

EMDR (Eye Movement Desensitization and Reprocessing) is a complex therapeutic process utilizing eye movements, sound or pulsations to stimulate both hemispheres of the brain. Some clients have described the process as weaving together fragments of thought and memory into a cohesive whole. EMDR can be used to reduce distress as well as increase a sense of self-worth, self-confidence and inner peace.

CIMBS (Complex Integration of Multiple Brain Systems). This therapeutic approach is a collaborative journey of exploration to discover

how 'things work' inside your brain. This means that you will be able to be mindfully aware of your own internal experiences [emotions, desires] so that you can intervene internally and respond to each life situation in a new, unique and contingent way instead of with the same old behaviors and reactions that bring pain in your life.

Emotional Freedom Technique (EFT) is an emotional, needle free version of acupuncture that is based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health. EFT has been reported as successful in thousands of cases covering a huge range of emotional, health and performance issues.

Alpha-Stim treats depression, anxiety, insomnia and physical pain with tiny electrical currents similar to those found naturally in the body, using a method called cranial and micro electrical current stimulation. These currents have been shown in clinical studies to normalize the electrical output of the brain as well as increase the body's serotonin and beta endorphin levels.

Somatically Accessed Wisdom (SAW) is a brain-body-heart interface that helps to heal the residue of life's traumas by accessing the wisdom, intuition and insight that is stored in the body's experience to create a deeply personal path to greater peace, happiness and harmony. It provides a hands-on approach to mediate stress and distress. SAW empowers creativity, spontaneity and increases a feeling of well-being.

Earthing reconnects the human body with the energy naturally present in the ground we walk on. This will help the balance between the sympathetic and parasympathetic nervous system. It can reduce hyper-tension, improve sleep and reduce inflammation and chronic pain.

Brain Spotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional / body pain, trauma and dissociation.