

# Integrative Psychotherapist Anita Bains to be Featured on CUTV News Radio

PARKVILLE, MARYLAND, UNITED STATES, November 29, 2018 /EINPresswire.com/ -- There are numerous types of therapy practices each with their own distinct modalities.

Integrative psychotherapy is all about finding the right tool to fit an individual's needs. Anita Bains is an integrative psychotherapist. She's spent her career looking for the most effective modalities for individuals looking to restore balance to their emotional lives.

"Our culture is habituated to believe there is a magic silver bullet for every problem, but there isn't," says Anita. "More and more, people are realizing that. With the work that I do, people progress faster to the life they want to live. When they're free of their past unresolved emotional issues, they've got the energy to create a new life."



In addition to traditional cognitive behavioral talk therapy, Anita also includes a number of innovative techniques and strategies that help people to identify and remove their hidden emotional and thinking blocks that keep them stuck.

"It's always a combination," says Anita. "I have a lot of tools in my toolbox and I mix and match according to what my clients need, and which tool seems right for me to help them."

Anita came to psychotherapy through a master's program in nursing where she specialized in psychiatric nursing.

"I want to help people to feel better instead of just understanding why they feel bad so I focused on mental health," says Anita. "I'm a psychiatric clinical nurse specialist and my nursing background helps me understand the whole person. I'm focusing not just on the psychological distress, but also on understanding how our physical body influences our emotions. I'm always listening for signs of physical distress because many of our unresolved emotional issues manifest as physical issues."

Our beliefs, thoughts, and emotions hold an amazing and transformative power all their own. All we have to do is tap into and harness that power to heal ourselves and fulfill our desires. Anita offers an effective, client-centered, integrative and comprehensive approach that combines EFT

and other energy psychology techniques with Western therapeutic modalities that include cognitive behavioral, and psychodynamic paradigms. She also teaches mindfulness-based techniques to help promote relaxation, balance energy and restore health.

Recently, Anita became a certified transformational life coach with the Life Mastery Institute in the DreamBuilder process.

"The integrative tools I use are wonderful for clearing blocks and getting past obstacles, but it doesn't directly focus on creating the new life they want to live," says Anita. "Many of us have a longing for something better. With my coaching and DreamBuilder tools I help people clarify their longing and discontent and create the life they would truly love living."

CUTV News Radio will feature Anita Bains in an interview with Jim Masters on December 3rd at 2pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

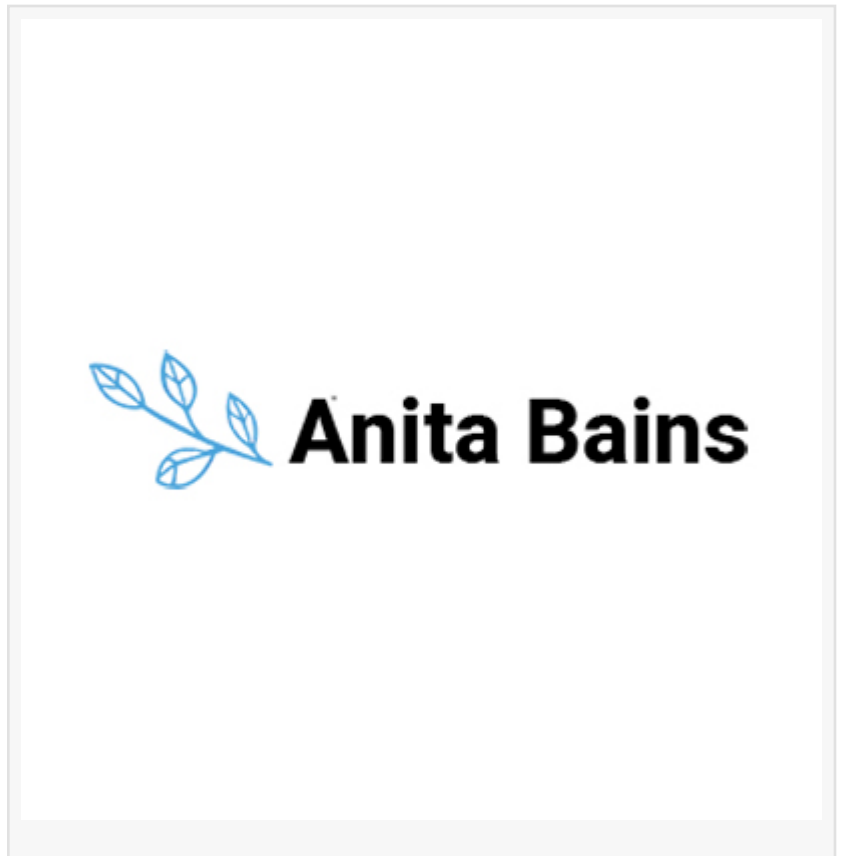
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