

Blend of Counseling and Yoga Aids Mental Health

Elle Garfield, Birmingham-based individual, family and group therapist, specializes in treatment for depression, anxiety, addictions (such as food, alcohol, drugs, shopping), and family/parenting issues.

Seated in her comfortable, cozy office, she says, "I have a passion for blending my training as a clinical social worker with my training as a yoga teacher."

For more than twenty years she has been learning yoga. Trained as a registered yoga teacher and Lifeforce yoga practitioner, she now specializes in integrating yoga into her professional clinical practice. Yoga, an ancient discipline, aids in cases of depression and anxiety. It helps release tension and repressed emotion as it builds awareness of the body and the breath so a person can manage many symptoms. The interweaving of modern and ancient disciplines allows clients to reconnect with their body's innate ability to heal. Easy-to-learn breathing techniques and simple yoga poses are an integral part of the healing process.

Once yoga is integrated into the lifestyle, Garfield says there is a change in demeanor and thoughts as the mind clears. There are actual physiological benefits as well. Certain yoga techniques actually raise the levels of oxycton and prolactin, the feel-good hormones, and lower cortisol levels, bringing balance and an overall feeling of well being without medication.

She says consistency is crucial in gaining the most benefits. "I provide a private, personalized program geared to my clients' needs and lifestyles. Even if someone only has ten minutes a day, they will see improvement."

In order to restore harmony to a home and family, she may see a parent or the whole family. "I help families improve communication, establish rules, and get back to what's most important to that particular family. Sometimes it's one step forward and two steps back, but the situation always gets better."

As a parent of teenagers, Garfield relates naturally to family problems. Her academic background, M.S.W., Wayne State University, and her decade of professional work in the field she loves, give her a profound understanding of the pressures of today's world and the problems which interfere with daily living.

For information, call (248) 961-4081.

SUPER PARENTING 911

Relief for DEPRESSION AND ANXIETY



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• Individuals • Families • Groups

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