



American Wellness Center

A letter from
Dr. Farah Qadir
to her clients / patients



To my valued clients / patients,

Through the intensive therapy program, I will work with you to design a customized plan to address the challenges that you are struggling to overcome, issues that are unmanageable and are hindering your progress personally and professionally.

Traditional therapy is usually a 50-60 minute session on a weekly basis. It maintains a slow and steady pace to sustain long term treatment. In contrast 'Intensive Therapy' & 'Intensive Coaching' is a more agile and highly successful alternative with potential to provide you with enormous positive impact and empower you to make genuine, well-aligned short and long-term sustainable changes.

The goal of an intensive approach is to provide intense, focused, and short-term interventions.

This involves assessment and detailed discussion of your treatment goals, areas where you struggle and the source of your problems. It entails a conglomerate of investigative, innovative wellbeing and psychological practices designed to yield the best results in a short amount of time. Followed by experiential, in-situ and real time strategies and techniques, in a safe, productive, congenial atmosphere that is natural and positive. In the mutually agreed intensive sessions that take place over a period of several weeks we deep dive; head-first into working towards understanding emotional strains, allowing them to process in a healthy way and then design bespoke solutions to continue healing and progressing.

I believe in the unique existential experience of individuals. It is the foundation on which this professional highly empathetic alliance is built. It becomes the essential tenet and core value I adhere to in this holistic approach, respectfully appreciating distinct life experiences, traits, behaviours, habits, core beliefs and genetic predispositions of my patient/ clients.

In order to maximize recovery and enhancement an eclectic multipronged approach is designed using but not limited to; Functional Psychiatry, Compassion Psychology, movement psychotherapy and psychosynthesis psychotherapy, to help you address the past root triggers, unlearn unhealthy behaviour restructure negative cognitive beliefs, to focus on the present and be able to leverage your strength and work towards the future, and to be able to make well informed insightful choices to facilitate change, identify your raison d'être, enrich your potential and live a fulfilling life, using multiple healthy strategies.

Regards

Dr. Farah Qadir