



A Guide to Therapeutic Modalities that access what is hidden away

This guide provides a comprehensive overview of therapeutic models designed to access and heal the deeper, subconscious roots of depression and anxiety, moving beyond surface-level talk therapy.

These approaches, often called "depth" or "bottom-up" therapies, operate on the principle that the body, nervous system, and deeper parts of the psyche hold memories and wounds that the conscious mind may not be aware of.

The most power often comes in combining different modalities. My personal and professional journey led me to use IFS as the container for everything else, and to use the power of other modalities to unveil and resolve deeper trauma.

A Note on Ratings

The ratings below are my personal opinion and should not be considered as an objective evaluation of each model.

The efficacy of the therapeutic model always depends on the practitioner's skill, the therapeutic relationship, and your individual needs - each of these are fundamental: even the most transformational model won't work if the therapist is inexperienced or unprofessional, or if it doesn't match your system's needs.

Accessing the Subconscious: How effective it is at bringing hidden, unknown, or non-verbal material into awareness.

0 stars - not effective

5 stars - very effective

Standalone Trauma Resolution: Its capacity to be a complete, primary therapy for resolving complex or childhood trauma without needing other models.

0 stars - not a standalone therapy for trauma resolution

5 stars - can lead to trauma resolution on its own

The Modalities

Internal Family Systems (IFS)

❤️ IFS sees the mind as a family of different "parts." It allows to meet these parts and restore balance under the leadership of your core **Self**—the calm, compassionate, curious essence of who you are.

- **How it works:** You learn to identify your internal parts to access and heal the young, wounded "exiled" parts they protect.
- **Why it's unique:** It is fundamentally **non-pathologizing**. No part of you is "bad"; every part has a positive intention. The focus is on internal harmony and self-compassion. It leads to fundamental shifts and behavioral changes.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★

Somatic Experiencing (SE)

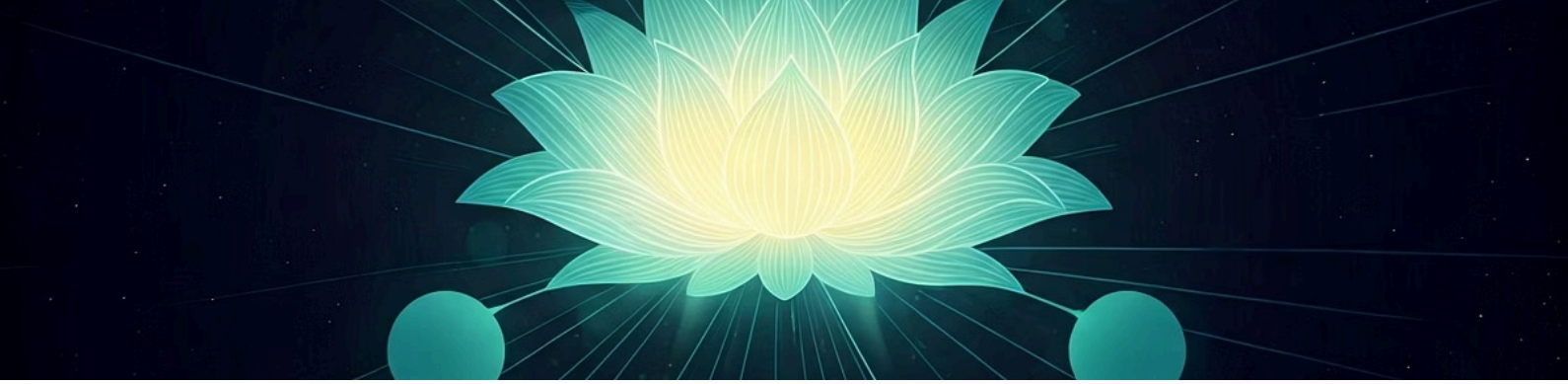
🧘 This is a body-centered approach based on the idea that trauma is stored in the nervous system as stuck survival energy.

- **How it works:** SE focuses on your body's physical sensations (the "felt sense"). The therapist gently guides you to help your body complete the self-protective motor responses (fight/flight/freeze) that were thwarted during the traumatic event.
- **Why it's unique:** It is a pure "bottom-up" approach. It's very gentle, working within your window of tolerance.


Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★





Breathwork

 This refers to therapies that use conscious breathing techniques (like **Holotropic Breathwork** or **Rebirthing**) to induce altered states of consciousness for emotional and physical release.


- **How it works:** By engaging in specific, often rapid and deep, breathing patterns, you bypass the conscious mind, allowing stored emotional energy, memories, and somatic patterns to surface for processing and integration.
- **Why it's unique:** Its primary tool is the **breath** itself. It is a powerful, organic method for accessing non-ordinary states of consciousness without any external substances, tapping directly into the body's innate intelligence.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★



Eye Movement Desensitization and Reprocessing (EMDR)

 EMDR helps the brain reprocess traumatic memories that are "stuck" and incorrectly stored.

- **How it works:** While holding a traumatic memory in mind, you'll engage in **bilateral stimulation** (e.g., following a light with your eyes). This helps the brain's information processing system file the memory away properly, reducing its emotional charge.
- **Why it's unique:** Its primary unique feature is the use of bilateral stimulation. It's a highly structured, protocol-based therapy that can produce rapid results for single-incident traumas.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★

Brainspotting

A therapy that evolved from EMDR, based on the idea that "where you look affects how you feel." It uses specific eye positions to access and release stored trauma.

- **How it works:** The therapist helps you find a relevant eye position, or "Brainspot," that correlates with a specific issue. By simply holding your gaze on that spot, your brain can access and process material from the deep, subcortical regions where trauma is held.
- **Why it's unique:** It is less structured and more adaptable than EMDR. It trusts the client's brain to lead the way, following a principle of "unfocused mindfulness."

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★

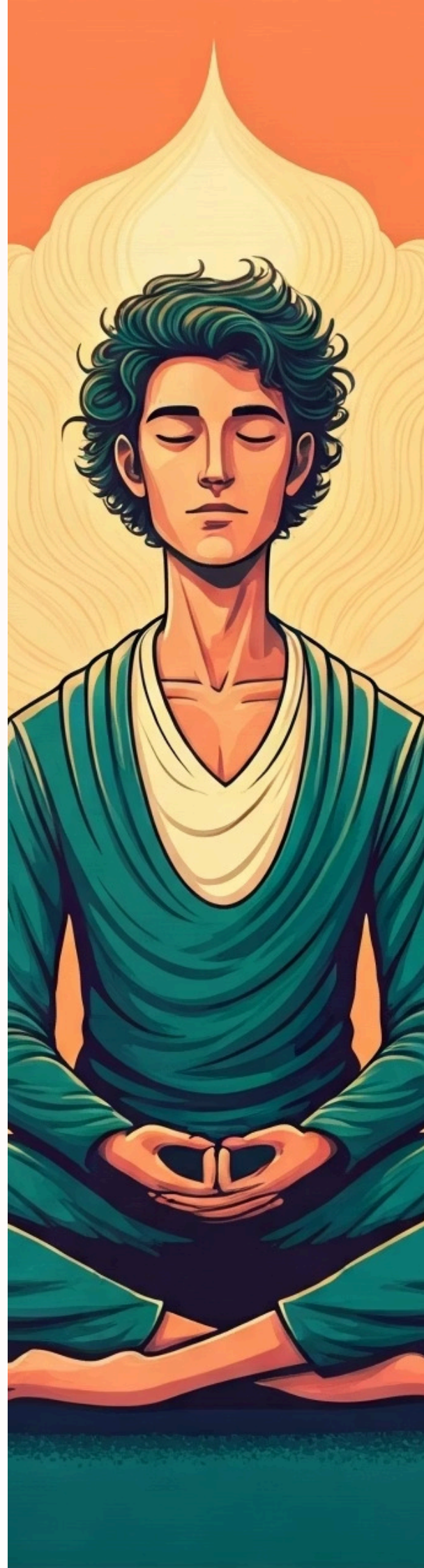
Coherence Therapy

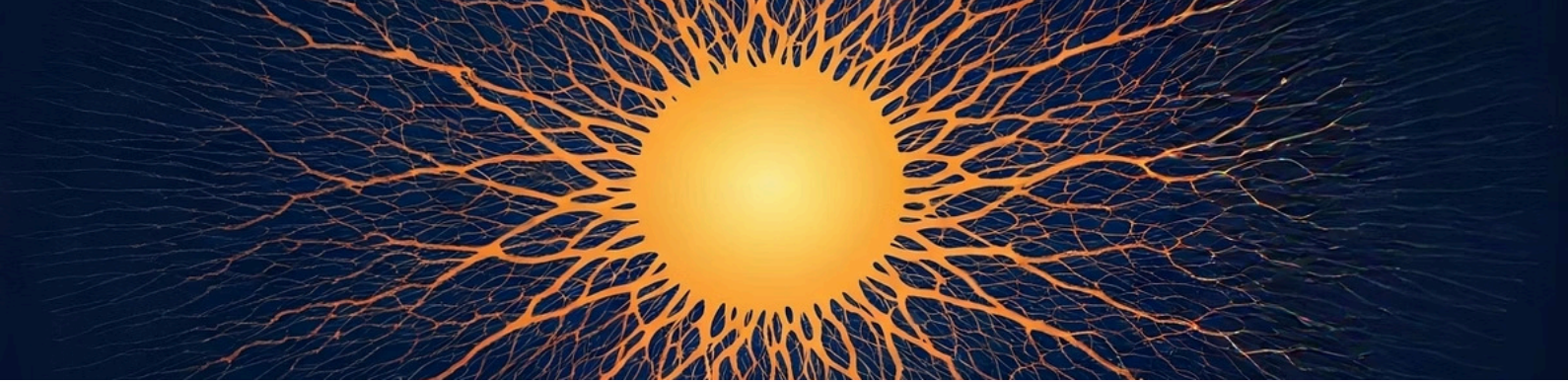
This neuroscience-based approach is built on the discovery of **memory reconsolidation**, the brain's process for unwiring old emotional learnings.

- **How it works:** It uncovers the subconscious "emotional truth" that makes a symptom feel necessary. By creating a **juxtaposition experience** the brain is able to permanently unwire the original emotional response.
- **Why it's unique:** Its precise focus on the mechanism of memory reconsolidation. The goal is not coping with symptoms but finding the specific emotional logic holding them in place and **deleting it**.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★





Psychedelic-Assisted Therapy (PAT)

🍄 This model uses substances like MDMA, psilocybin, or ketamine within a structured therapeutic framework to accelerate healing.

- **How it works:** The substance, administered in a safe setting, lowers psychological defenses and allows access to deeply buried material with less fear, enabling it to be processed and integrated. The therapy around the experience is crucial.
- **Why it's unique:** The use of a powerful psychoactive catalyst to accelerate the therapeutic process. It can create breakthroughs in a few sessions that might otherwise take years.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★

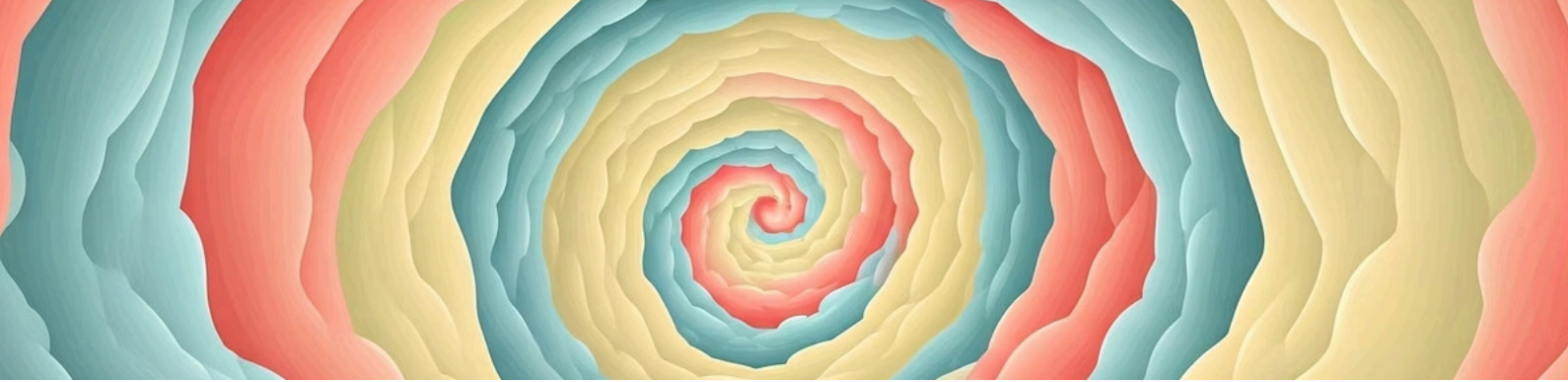
Psychedelic Somatic Interactional Psychotherapy (PSIP)

🌿 PSIP uses a psychedelic (often cannabis or ketamine) combined with somatic and attachment principles to process trauma stored in the autonomic nervous system.

- **How it works:** The psychedelic helps bring unconscious survival responses online. The therapist helps the client maintain "**dual awareness**" (grounded in the present while the body processes the past) to allow these responses to complete and discharge.
- **Why it's unique:** Its specific, structured protocol combining a psychedelic catalyst with somatic awareness to target automatic threat responses in the body.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★



Hypnotherapy

✨ This therapy uses guided hypnosis to induce a state of deep relaxation and focused attention, making the subconscious mind more accessible.

- **How it works:** In a hypnotic trance, the conscious, critical mind is relaxed. This allows the therapist to communicate more directly with the subconscious to explore past events, reframe limiting beliefs, or offer positive suggestions.
- **Why it's unique:** Its direct and intentional induction of a trance state to bypass the conscious "gatekeeper."

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★

Emotion-Focused Therapy (EFT)

❤️ EFT is a humanistic therapy that posits that emotions themselves are the key to change and are adaptive signals telling you what you need.

- **How it works:** The therapist acts as an "emotion coach," helping you get past secondary emotions (e.g., anger) to access and process the primary, core emotion underneath (e.g., hurt), thereby identifying and meeting its unmet need.
- **Why it's unique:** Its unwavering focus on emotion as the central agent of change and its use of experiential techniques like the **two-chair technique** to resolve internal conflicts.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★

Accelerated Experiential Dynamic Psychotherapy (AEDP)

🧘 AEDP is a "healing-oriented" model focused on processing difficult emotions in the context of a deeply safe and affirming therapeutic relationship.

- **How it works:** The therapist helps "undo aloneness," allowing the client to access deep "core affect." Processing this emotion through to completion unlocks innate healing states known as **"transformational affects"** (calm, connection, joy).
- **Why it's unique:** Its explicit focus on creating new, positive experiences and "undoing aloneness." The therapist is a warm, engaged, and affirming partner who actively amplifies glimmers of resilience.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★

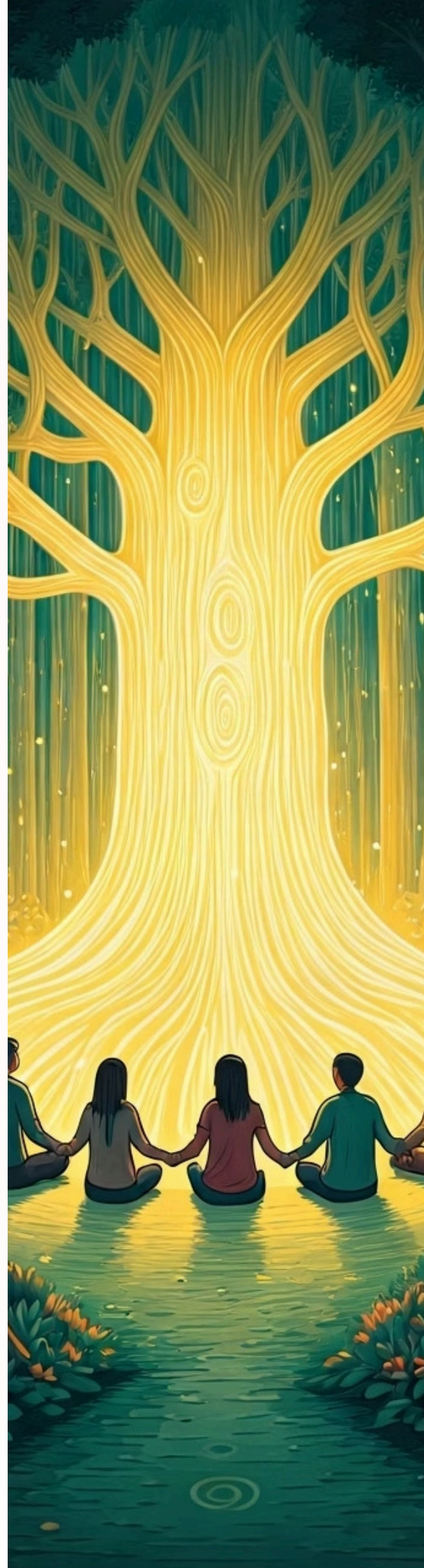
Gestalt Therapy

🧘 Gestalt is an experiential therapy focused intensely on the **"here and now"** to resolve "unfinished business" from the past.


- **How it works:** Through creative experiments, the therapist helps you bring past conflicts into the present moment to be worked through directly.
- **Why it's unique:** Its radical focus on present-moment awareness and its famous **empty chair technique**, where you have a direct, real-time dialogue with a person or part of yourself.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★



Psychodynamic & Psychoanalytic Therapy


 The original "depth psychology," focusing on how unconscious drives and early life experiences shape your current reality.

- **How it works:** Through techniques like free association, dream analysis, and examining the therapeutic relationship (**transference**), you uncover and work through unresolved conflicts from your past.
- **Why it's unique:** It's the historical foundation for all depth therapies. Its focus on the client-therapist dynamic as a microcosm of the client's other relationships is a powerful tool for insight.

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★

Jungian Analysis (Analytical Psychology)

 A classic depth psychology that explores the **collective unconscious**—the shared reservoir of human archetypes and symbols.

- **How it works:** The goal is **individuation** (wholeness). The therapy involves a deep exploration of dreams, myths, and symbols through dream analysis and **active imagination**.
- **Why it's unique:** Its focus on mythology, folklore, and spirituality as essential parts of the human experience, seeking meaning in symptoms as a "call from the soul."

Ratings:

- **Accessing the Subconscious:** ★★★★★
- **Standalone Trauma Resolution:** ★★★★★



Expressive Arts Therapy

🎨 This modality uses creative processes (drawing, music, dance, etc.) as the primary mode of communication and healing.

How it works:

Instead of talking about a feeling, you express it through a creative medium. This allows for the expression of feelings and memories that are too difficult, complex, or primal for words.

Ratings:

★★★★★ 5

Accessing the Subconscious:

★★★★☆ 3

Standalone Trauma Resolution:

Why it's unique:

It is fundamentally **non-verbal**. It bypasses the analytical parts of the brain, tapping directly into the sensory, emotional, and symbolic realms.

Embracing Wholeness Through Depth Therapy

This guide has journeyed through a diverse landscape of therapeutic modalities, each uniquely equipped to access the often-hidden realms of the subconscious. From the somatic release facilitated by Breathwork and Brainspotting to the profound symbolic insights offered by Jungian Analysis and the non-verbal expression of Expressive Arts Therapy, these approaches share a core purpose: to illuminate and integrate aspects of ourselves that lie beyond conscious awareness.

The modalities discussed—including Hypnotherapy, AEDP, Psychodynamic, and Emotion-Focused Therapy—underscore a fundamental truth: lasting healing often emerges from engaging with our deepest experiences and unresolved conflicts. By addressing what is "hidden away," whether through emotional processing, altered states of consciousness, or creative expression, we pave the way for greater self-understanding, resilience, and a more integrated sense of self.

Your Journey Continues

The path to inner wholeness is deeply personal. I hope this exploration has provided valuable insights into the power and potential of these transformative therapies. Whether you are a practitioner, a client, or simply curious, understanding these depths can profoundly enrich your human experience.



Connect for More

Reach out with questions or to explore how these modalities might serve your needs - just reply to any of my emails.



Stay in touch

My inner circle receives new videos, workbooks, and deep insight to continue on this challenging journey.



Schedule a one-time Assessment

Book a personalized session to discuss your path to healing and growth, and understand what is in the way of trauma resolution.