Full Circle Neuropsychiatric Wellness Center

The Full Circle Spotlight

Enhancing YOUR Health Through Talk Therapy

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"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." -World Health Organization

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Micheline Toussaint, MSW, LCSW, RYT, SEP

Many of Us are running around, operating at high speed, juggling multiple demands, and pushing through our bodys' signals that we need a break. We often do not realize we have gone past our "threshold" until our system breaks down. This can presen† as extreme fatigue, pain, sadness, anxiety, depression, and other stress-related symptoms. We often do not realize how stuck we are in our life stories, how harmful our patterns of negative self-talk are, or the power of our unrecognized emotions.

Both the mind and body have an innate ability to heal themselves, if we stop and listen to what they are trying to say to us.

Micheline Toussaint, MSW, LCSW, RYT, SEP works with both your mind and body to help you live a more satisfying life, in accordance with your own values and dreams. She uses a variety of modalities (Cognitive Behavioral Therapy, E.M.D.R., Somatic Experiencing, Psychodynamic Therapy, Mindfulness Training) to help identify and release outdated negative patterns, move past traumatic events, and deal with painful memories, grief, and loss.

Cognitive Behavioral Therapy (C.B.T.) focuses on the idea that behaviors and feelings stem from our thoughts/beliefs; many of which are unconscious and have never been identified or examined. The goal in C.B.T. is to identify negative or false beliefs, evaluate them rationally, and replace them with more accurate, helpful thoughts and beliefs. Research has shown C.B.T. to be effective in treating depression, anxiety, bipolar disorder, schizophrenia, and eating disorders.

Eye-Movement Desensitization and Reprocessing Therapy(E.M.D.R.) is used to treat Post-Traumatic Stress Disorder (P.T.S.D) and has shown to be effective in reducing the effects of traumatic memories. E.M.D.R. replaces negative emotional reactions and difficult memories with less-charged, or positive, reactions or beliefs. During this therapy, an image is held in the mind while the therapist guides you in repetitive back-and-forth eye movements for twenty to thirty seconds at a time. This is repeated until the intensity of the image or memory is reduced.

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Psychodynamic Therapy focuses on recognizing negative patterns of behavior, connecting them to past experiences, and resolving them. This method often involves open-ended questions and free association to allow people to talk about whatever is on their mind. Psychodynamic Therapy is useful for treating depression and anxiety disorders.

Somatic Experiencing (S.E.) is a form of therapy aimed at relieving and resolving symptoms of Post-Traumatic Stress Disorder (P.T.S.D.) and other trauma-related health problems by focusing on the client's perceived body sensations, or somatic experiences. S.E. is based on the understanding that symptoms of trauma are the result of dysregulations of the automatic nervous system and that the body has an innate capacity to regulate itself if given time and space. Clients are taught to identify and experience body sensations and allow for the release of energy and natural survival reactions, which may have been blocked during a traumatic event. According to S.E.'s founder, Peter Levine, "Trauma lives in the body, not the event."

Call us today at 703.481.9111 to schedule an appointment with Micheline.

Micheline Toussaint, MSW, LCSW, RYT, SEP is a Licensed Clinical Social Worker in the Commonwealth of Virginia, Washington, D.C., and Maryland. She has over twenty years of experience in individual and group therapy. She was trained in a variety of approaches to treatment, including: psychodynamic, gestalt/experiential, cognitive-behavioral, contemplative, mind/body, E.M.D.R., Somatic Experiencing, and psychodrama. She is a Registered Yoga Teacher and uses body awareness in her healing approaches.

Her clinic interests include: post-traumatic stress healing, stress management, mood disorders, adjustment to illnesses, mid-life adjustments, and grief/loss. Micheline grew up in many countries as the child of a diplomat and brings a multicultural awareness to her work.

Colleen A. Blanchfield, M.D.

Dr. Colleen Blanchfield is a physician with a lifelong interest in mind-body medicine. She has broad training in the traditional Western medicine fields of neurology and psychiatry as well as in the Eastern medicine field of acupuncture. In her practice, Dr. Blanchfield evaluates patients suffering from neuropsychiatric illnesses such as anxiety, mood disorders, depression, seizures, migraines, chronic pain syndromes, traumatic brain injury, and dementia. She integrates the current understanding of the brain biology, neruochemistry, and genetics to bring patients back to healthy states and promote wellness. Treatment provided is comprehensive, with a strong emphasis on neuropsychopharmacology.

Dr. Blanchfield enjoys teaching. She is devoted to sharing her knowledge and understanding of the brain. She believes patients are helped in part by improving their understanding of the relationship between neurochemistry and behavior in their own lives. Dr. Blanchfield remains committed to ongoing study; she consistently incorporates recent strides in neuroscience into clinical practice. She is a member of the American Neuropsychiatric Association (ANPA) and participates regularly in their conferences. She has been a frequent lecturer for the Life with Cancer program and is a member of the volunteer clinical faculty at Georgetown University Medical School.

Dr. Blanchfield is a mother of two sons and is married to a magical physician.