



DIVERGENT SOLUTIONS

I believe that true trauma healing and self-discovery involve a holistic approach. That's why I provide a variety of integrative services in a safe and supportive environment. My commitment is to help you reconnect with your inner self, allowing you to find the peace and joy you truly deserve.



Thank you for taking the time to learn about the unique therapeutic services I offer. **My approach is rooted in naturalistic therapy—a holistic yet evidence-based method that emphasizes the body's innate capacity to heal and restore balance when provided the right conditions and support. As a naturalistic therapist, I focus on guiding individuals through transformative processes to address challenges such as PTSD, depression, anxiety, and addictions, and more.**

Unlike traditional cognitive and talk therapies, which rely heavily on analyzing thoughts and behaviors, my approach works by integrating the mind, body, and emotions to achieve deeper and more sustainable healing. Research increasingly supports the idea that trauma and emotional distress are stored not only in the mind but also in the body. Therefore, my methods emphasize creating a somatic connection and fostering self-awareness to unlock the body's natural healing potential. The training I have received in trauma-informed modalities has demonstrated greater efficacy in addressing the root causes of many of these conditions.

The therapeutic modalities I use include:

Somatic Experiencing (SE):

This body-focused approach addresses the physiological impact of trauma, helping individuals release tension, regulate their nervous system, and restore a sense of safety and balance.

Neurodynamic Breathwork:

Using the power of breath, this technique facilitates altered states of consciousness that allow individuals to access and process buried emotions, gain clarity, and experience profound personal insights.

Psychedelic-Assisted Therapy:

This innovative method, supported by emerging clinical research, uses psychoactive substances in a safe, therapeutic setting to help individuals confront and reframe deep-seated emotional pain, trauma, and behavioral patterns. It is important to clarify that my practice is clinical and therapeutic in nature, distinct from ceremonial or recreational use. I adhere to rigorous standards of safety, ethics, and integration.

Mindfulness:

Through practices such as meditation and self-awareness exercises, mindfulness helps individuals cultivate a greater sense of presence, reduce anxiety, and develop a deeper connection with their emotions and thoughts.

Integration Therapy and Follow-Up:

Healing is an ongoing journey, and the work doesn't end with a single session. I prioritize providing integration therapy to help individuals process their experiences and implement insights into their daily lives, along with consistent follow-up to monitor progress.

Historically, holistic approaches like these have faced skepticism due to misinformation and restrictive laws surrounding plant medicine and somatic practices. However, we now have a growing body of evidence validating the safety and effectiveness of these methods in clinical therapeutic settings. At Divergent Solutions, my focus remains firmly on providing professional, evidence-based care that meets the highest ethical standards, steering clear of ceremonial contexts while honoring the profound impact of these techniques.

I invite you to explore more about the therapies I offer, download this PDF for your reference, read my blog posts, and request any information that could help you better understand how these approaches might benefit you or someone you care about. Healing is a deeply personal journey, and I am here to answer your questions, provide guidance, and support you every step of the way.

Warm regards,

Antonio López

Naturalistic Therapist - Divergent Solutions

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