

Services and Specialties

Δ Gentle Remedies

Solution-Focused Healthcare for Body, Mind, and Spirit

- Infertility and Fertility – Solutions for the Creation of Health
 - Women's Health
 - Alternatives to Fertility Drugs
 - Stress Management
- Preparation for Pregnancy – Solutions for the Birth of Health
 - Adoption
 - Fertility, Men and Women
- Infant Mental Health (Ages 0-3) – Solutions for the Establishment of Health (See Infant Mental Health)
 - Feeding /Sleep
 - Autism
 - Premature baby
 - Communication / Behavior
- Healthy Parenting – Solutions for the Nurturing of Health
 - Parenting / Communication
 - Stress and Anger Management
 - Divorce
- Gentle Remedies for Raising a Whole Child – Solutions for the Care of Health
 - Holistic Self Care
 - Indigo / Psychic / Gifted Children
 - Developmental Delay
 - Behavior / Communication Disorders

Δ Holistic Nursing Board Certified Advanced Practice

- Health Diplomacy - Self Care Support
- Living with Chronic Illness
- Pain Management
- Wound Healing
- Mental Health Care: Depression, Anxiety, Adjustment Disorders
- Spiritual Distress

Δ Complementary Therapies

- Herbalism - Traditional Chinese, Western, Celtic/ European
- Infant Massage
- Foot Reflexology/Foot Zone therapy
- Jin Shin Jyutsu (Mother's Touch)
- Bach Flower Remedies
- Movement Analysis

What is Holistic Nursing?

Holistic nursing is a contemporary term which defines nursing as “all practice that has healing the whole person as its goal” (American Holistic Nurses’ Association, 1998). Since the 17th century, professional nurses have demonstrated care that attends to the spiritual, mental, and emotional needs as well the physical body of the person. Current nursing research, education, and practice in developed nations has gradually become more integrated with the biomedical technologies. However, nursing practice and its scientific foundations stands on its own and when it does it is inherently holistic. Holistic nursing is a philosophical approach to practice and a way of being rather than something that a nurse does or a technique that is used in the care of clients. Holistic nursing care does not interfere with conventional medical care. It can be the perfect complement to any biomedical regime. Holistic nurses honor each person’s health beliefs, choices and experiences. The holistic nurse is committed to creating healing relationships with individuals, families and communities and then designs a plan of care that is an integrated blend of modalities and instruments of nursing care that draws upon the evolving traditional as well as the emerging technological. The holistic nurse collaborates with and guides the client, their supporters and other health care providers in the development of a fully integrated and individualized plan of care with attainable goals – a skill that is specific to professional nursing. Dr. Libster is a Board Certified Advanced Practice Holistic Nurse.

HEALING SERVICES AND SPECIALTIES

Dr. Martha Libster



Welcome to:

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What is Solution-Focused Counseling?

Solution-focused counseling (SFC) is a type of brief therapy. It is a positive, goal-oriented approach to short term therapy in which specific questions are asked that facilitate the client's process of directing and starring in their own life "movie" in which they solve tough problems. Examples of SFC questions are:

- What is your goal in coming here?
- When doesn't your problem happen?
- If you solved your problem what would you be doing differently?

The person's responses to solution-focused questions reveals answers to the present problem and identifies blocks to the implementation of a plan to solve their tough problems. The underlying philosophy of SFC is that when people are having challenges and difficulties, they may have nothing "wrong" with them such as pathology or disease. SFC is congruent with the Golden Apple Healing Arts philosophy that a person actually has all the resources within them that they need to heal. But when faced with turmoil, it is often helpful to have a nurse therapist reflect those resources and strengths in a way that supports the healing process and works through the problem whatever it may be. Solution-focused counseling is complemented by holistic nursing philosophy and practice. (See What is Holistic Nursing?) Research has demonstrated that SFC techniques quickly restore a client's sense of control and ability to assume responsibility for problems and solutions. Healing is change. To heal illnesses of any kind requires a willingness to change – behavior, thoughts, beliefs, relationships, and habits. It is human nature to resist change. So if your mind and heart tell you to change and you discover a block – try SFC! In SFC, the therapist joins the client's view of the world and therefore all solutions come from the Self of the client and reflect rather than conflict with their religious, cultural, and personal beliefs.

Dr. Libster is a Clinical Nurse Specialist in Psychiatric Mental Health Nursing. This means that she holds a Master's Degree (as do nurse practitioners) and is licensed to diagnose and treat mental/emotional diseases. However, because her practice is grounded in holistic and SFC philosophies she only focuses the plan of care on disease pathology when it is helpful to her clients. Dr. Libster has been using SFC techniques in her practice for 12 years. Her expertise is in inviting her clients to open up possibilities to do something different and do what they really want to do. By careful listening to her clients' body

wisdom those possibilities actually come from the client. She views her role as a "translator" who helps when a person's internal communication and body-mind-spirit connection become unbalanced in such a way as to cause distress and discomfort. Her clients report, often after a single session, that they had no idea that they held keys to the solutions to their problems! Although she has helped people of all ages achieve greater balance and wholeness and solve all kinds of problems, she specializes in the nursing care and comfort of certain conditions. (See Dr. Libster's Healing Services and Specialties).

What is an Infant Mental Health Specialist?

An infant mental health specialist (IMHS) is a health professional who specializes in the support and care of infants (children ages 0-3) and their parents and primary caregivers. The focus of the IMHS is an infant's healthy social and emotional development. Relationship is the "law" of an infant's being and infants cannot survive without *healthy* relationships! That is why the IMHS helps families to establish patterns of mental and emotional health at the earliest moments in the life of a new child. Infant mental health support is a fundamental part of holistic, preventive health care.

Dr. Libster's holistic solution-focused approach to Infant Mental Health care begins with a very important premise: **Parents Really Love Their Children!** What causes infants, parents, and caregivers so much concern are the communication challenges of finding ways to *demonstrate* that love and care that they feel toward their child. While parents and other adults may routinely talk to each other every day as a regular form of communication – Infants do not talk at all or talk very little – but they understand much and are very wise! Dr. Libster is an infant communication specialist who will help you and your child to communicate better. She uses many simple and engaging healing techniques to help you to find solutions to any tough problems that arise while you develop the skills for building a healthy relationship with your infant. Caring for an infant is a skill that takes time to learn. The IMHS helps you to become the "secure base" from which your little child will be reassured that the big world is actually a really "good" place.

When Should You Seek Help For A Young Child?

- Ongoing Eating or Sleeping Problems
- Child does not show emotion
- Divorce or Loss of Caregiver
- Separation from Parent or Primary Caregiver (ex. Military Service)
- Angry or Destructive Behavior (Such as destroying toys or pulling apart insects)
- Child won't accept comforting
- Sudden behavior change
- Does not self-soothe or adapt easily
- Does not turn to a known caregiver for comfort
- Rejects being held, touched or playing with others
- Fearful, Guarded, or Withdrawn
- Absence of communication or language in pre-school child
- Unusual / Prolonged sadness
- Excessive Activity or Agitation
- Loss of earlier skills (ex. Toileting and language)
- Premature Baby and Early Hospitalization
- Autism

What is Foot Reflexology?

Foot reflexology is a healing technique, based on holographic scientific principles, that have been traced to ancient Egypt. The feet are known to be an energetic blueprint for the whole body, its systems and organs.

Reflexologists use their hands to work the feet in certain patterns following the natural flow and energy of the body to affect greater balance of body, mind, emotion and spirit.

For 25 years, Dr. Libster has been practicing and teaching European style foot reflexology with herbal applications which she refers to as "The Science of Energy Flow".

