

CATHOLICPSYCH and IDDM

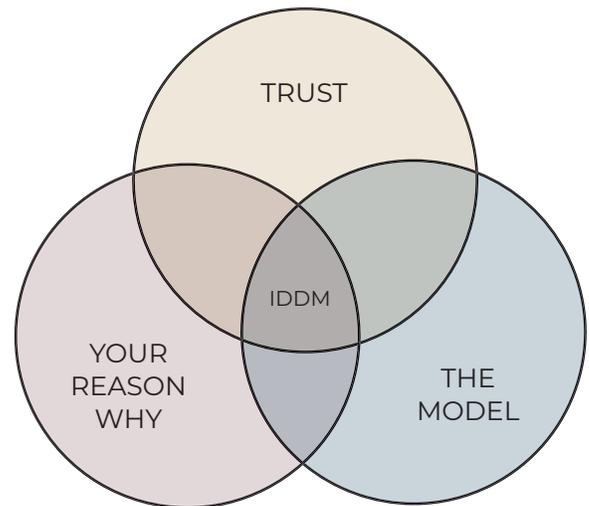
offers services to students at the following campuses:

MSU • Stevens Institute of Technology • Ramapo College • Kean University

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HOW DOES CHANGE HAPPEN?

We've found there are three necessary parts for change to happen in someone's life.



- First of all, you need to **WORK WITH SOMEONE YOU TRUST**. The person should be trustworthy, but also help you build a bridge of rapport so that you *feel* that trust.
- You have to have the **MOTIVATION TO CHANGE**. You need to want something different for yourself. A lot of people come to therapy and they think, "Alright, fix me!" They're expecting the therapist to do all the work. But you need to participate in your healing because of free will and the dignity of your humanity.
- You need the **RIGHT MODEL**. Even if you find the perfect person to work with, and want to change more than anything else in life, you'll spin your wheels in therapy for years if you don't have the third element – *the right model*.

IDDM (Mentorship) is a radically more effective model of healing than traditional therapy. In Mentorship, you have the freedom to reach out anytime, day or night. You can leave a message in the private channel of communication you have with your Mentor, and it's there for you to use anytime. Through this integrated form of dialogue, we accompany you in a life-changing way because it's much more in line with how God made us be here for each other.

Relational issues • Vocation discernment • Finding peace • Addictions
Trauma • Mental illness • Anxiety • Stress • Depression • More

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What is IDDM (Mentorship)?

INTEGRATED

We work with an understanding of the whole person, reverencing all the dimensions of being human. With every single person that we work with, our goal is to get people to heaven. Our model of integration goes to a deeply interior place. We focus on your interiority by pointing out patterns of thoughts, feelings, and behaviors that lead to a deeper awareness of the presence of unconscious narratives about yourself, about others, the world, and your relationship, so you can move towards your deepest fulfillment.

DAILY

Once a week sessions in traditional therapy is limping: it's limited, it's handicapped. We provide DAILY accompaniment. Our model is woven into the real experiences of your life. Daily interactions mean that you pick up where you left off, day after day, without missing the most important moments.

DIALOGIC

Mentorship allows you to speak at the very moment when you have something to say. You have time to reflect, pray and hold on to helpful things. You can open up and talk, share, reflect and send your Mentor messages every single day. Your Mentor will respond to you every 24 hours, within 24 hours, Monday through Friday.

MENTORSHIP

Almost every person asks the same question when they hear about IDDM: "How can you develop a relationship with someone using a walkie-talkie app on the phone?" But then the most amazing thing happens.

They begin dialoguing with someone daily – through voice messages on a phone app – about deeply spiritually integrated things at the core of their identity with deep vulnerability... and before they realize what happened, they feel an incredibly deep connection with their Mentor.

This is a model for developing a very personal, very deep relationship based on an encounter with Christ through connecting with a Mentor, an expert who can help you.



INTEGRATED
DAILY
DIALOGIC
MENTORSHIP

For discounted student rate, visit: www.catholicpsych.com/montclair