

# Mental Health Capital Equipment List 2006

## 1) EYE MOVEMENT DESENSITIZATION & REPROCESSING TOOLS (EMDR)

EMDR is a specialized form of psychotherapy that is used for treating Post Traumatic Stress Disorder and its associated conditions, including depression. The theory behind EMDR is that stimulated rapid eye movement may help in the psychological processing of trauma. It is thought that the day's events and our reactions to them are processed during Rapid Eye Movement sleep. In a controlled EMDR session, moving light is used to induce rapid eye movement.

**Equipment Costs** ..... \$1,600

## 2) PLAY THERAPY EQUIPMENT

Play Therapy is beneficial to a child who is experiencing difficulties in the home, school or community. It is a therapeutic approach for human service professionals and provides an opportunity for the child to play out his or her feelings and an individual 'talks out' his or her difficulties. Puppets are commonly used in Play Therapy.

**Equipment Costs** ..... \$ 1,300

## 3) COGNITIVE THERAPY TOOLS

Cognitive therapy or cognitive behaviour therapy is a kind of psychotherapy used to treat depression, anxiety disorders, phobias and other forms of mental disorder. It involves recognizing unhelpful or destructive patterns of thinking and reacting, then modifying or replacing these with more realistic or helpful ones.

**Equipment Costs** ..... \$ 300

## 4) RELAXATION AND SELF-CARE SUPPLIES

Individuals with increased levels of anxiety and nervous tension often need to develop more effective ways of dealing with day to day stress & pressures that individuals with a healthy emotional balance handle easily. This can be overwhelming for those whose anxiety responses are easily triggered. Coaching tapes & videos are common tools used to assist clinicians and patients deal with stress and anxiety effectively.

**Equipment Costs** ..... \$1,300

## 5) BIOFEEDBACK / NEUROFEEDBACK SYSTEM

Biofeedback / Neurofeedback is a technique that helps people tune into their own body sensations by providing real-time physical data about the body's processes. For example, a biofeedback machine can be used to monitor rate of breathing, depth of breathing, irregular breathing, and chest breathing - all factors of anxiety. By attending to the data provided by this sophisticated system, individuals with anxiety can control their breathing based on objective measures instead of their own feelings.

**Equipment Costs** ..... \$5,000

## 6) PATIENT / PROFESSIONAL LITERARY RESOURCES

**Equipment Costs** ..... \$ 500

**TOTAL** ..... **\$10,000**

***It is important to note that any equipment purchased today for our hospital will be transferred and used at the new healthcare facility.***