

Discover the Lightfully Difference



Our innovative clinical model empowers our team to take a holistic, data-driven approach to meet the needs of complex patients—**and improve outcomes.**

Mental health care is at a crossroads.

On one hand, the number of people in need is at an all-time high: 1 in 5 Americans is dealing with some form of mental illness, according to the National Institute of Mental Health (NIMH).

And yet less than half of those with mental illness receive treatment, the NIMH reports, even while new pressures on the behavioral health industry are coming from all directions: an explosion in adolescent care needs, rising suicide risk, the challenges of virtual-only therapy for high acuity clients ... something has to give, right?



Lightfully was founded with that “something” in mind. Beyond just increasing access to high quality mental health care—and especially for those with complex challenges—our Lightfully team is reimagining the delivery of that care through our groundbreaking new clinical model, which is rooted in Process-Based Therapy (PBT).

PBT is a framework for addressing the core processes of human suffering. Instead of just a tunnel-vision approach to symptom reduction, PBT focuses on the different mental and emotional processes perpetuating the symptoms—and without the guardrails of any single diagnosis or protocol.

By focusing first on the patient as a whole person with complex needs, rather than a specific diagnosis with formulaic interventions, PBT has emerged over the last decade as a dynamic new treatment framework.



The Lightfully Approach

More than anything, the PBT approach understands that human beings are complicated. Indeed, one of the biggest challenges for mental health clinicians today is that patients in need are often dealing with multiple issues that blur the lines between different diagnoses and treatment modalities.

That's where Lightfully's focus on identifying the fundamental areas of suffering comes in. With the PBT framework as the foundation for our clinical model, we've classified four core processes of human suffering:

1. Emotion dysregulation and avoidance
2. Life without meaning and commitment
3. Self-criticism and shame
4. Lack of belonging and connection

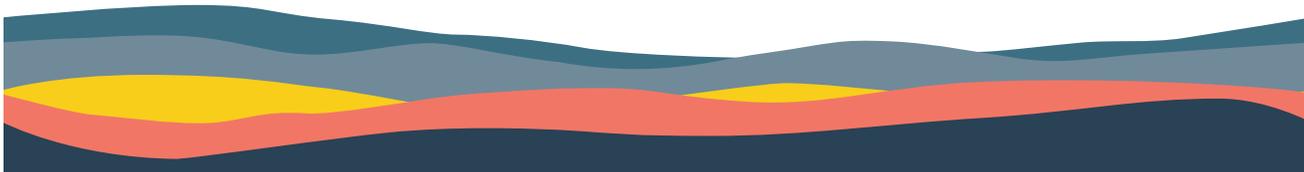
Using this approach, we can zero in on the issues that are specific to a client and create a customized, data-driven approach to treatment that will ultimately move them from suffering to well-being.

“We have to start with the client’s path to suffering,” says Nicole Siegfried, Lightfully’s Chief Clinical Officer. “What are the maladaptive processes that led them into suffering? Are they avoiding emotion? Are they fused with their thoughts? Is their thinking so constricted that they’re unable to see other possibilities and have hope?”

Of course, human suffering is complex, which means finding the right treatment approach can be challenging. With some 100 diagnosis-specific, evidence-based treatments identified by the American Psychological Association, it’s just not realistic to expect clinicians to be trained in every syndrome-based protocol. And even then, the delivery of evidence-based treatments for a patient with a host of comorbid diagnoses and a long list of medications can be very difficult to replicate.

But a review of evidence-based therapies reveals that many of these modalities share common interventions. For instance, most therapies include some version of emotion regulation and mindfulness techniques.

In PBT, the interventions that are common across evidence-based therapies are the fundamentals of clinical practice. Our Lightfully teams are trained to identify and deliver these interventions based on data-driven clinical decision-making, with a personalized approach that is tailored to the needs of each client.



5 Ways Lightfully is Different

- 1** We work with the whole person, not diagnostic labels.
- 2** We use an integrated toolkit of therapeutic techniques that are evidence-based, draw from multiple modalities, and cover all dimensions of human experience.
- 3** We focus on the fundamental, interconnected issues that are the basis of all mental health disorders.
- 4** We are data-driven, continually measuring and optimizing progress with clinically validated assessments.
- 5** We provide a complete continuum of care that is unmatched in the industry: from extended-stay residential treatment centers, to partial hospitalization programs, to intensive outpatient programs, all the way through to virtual outpatient support.



A Path to Sustainable Well-Being

After identifying clients' maladaptive processes and the appropriate interventions, Lightfully clinicians work closely with them to apply the practices and regularly measure progress.

By directly addressing the issues patients encounter, we help them establish the tools they need to address the source of their suffering. For example, instead of avoiding negative emotion, clients learn emotional acceptance and flexibility, which leads to short-term improvement and long-term healing.

“Through the lens of PBT, we recognize that suffering is part of the human condition. We also know that we all do the best we can to try to navigate out of that suffering,” Siegfried says. “And through the PBT framework, we know that, as humans, we have core yearnings of belonging, making sense of the world, and living meaningful lives. At Lightfully, we help clients move out of suffering to meet these core yearnings in adaptive ways that will ultimately create a life that is fulfilling and meaningful.”

Our Unique Approach to Training

Lightfully's Equip training model teaches clinicians how to use the evidence-based clinical practices that are part of the Process-Based Therapy (PBT) framework. We use the motto of “train before treat,” with the goal of clinicians completing intensive training before working with patients—a significant commitment of up-front mentoring and time.

After they've finished their initial training, clinicians aren't thrown into the deep end to swim by themselves in treating clients. Instead, we use an ongoing, feedback-driven approach to training in which clinicians “learn, practice, and share” for continued support and training.

First, new clinicians **learn** by completing in-person and/or webinar-based trainings, and shadowing more seasoned clinicians. Next, they **practice** with observation from their supervisors (through session recordings or live observation). Clinicians then receive feedback from their supervisors and peers in individual and group supervision through the **share** phase of training, which helps them to refine their skills—and the whole team to continue to grow.

By learning from one another, our clinicians build their confidence while creating a culture of support. This is beneficial for not only clinicians, but also patients: It ensures our treatments and interventions are top-notch, and that clinicians are continually growing their skills and enhancing care for patients.

Here's a closer look at four key areas of the Equip training model:

1. **Competency-Based:** Every therapist builds measurable competencies in the set of integrated therapeutic interventions gleaned from evidence-based therapies.
2. **Feedback-Driven:** Lightfully's “learn, practice, share” approach.
3. **Intentionally Paced:** Each employee moves through training as they build proficiencies. There's no schedule, timelines vary by employee—and that's OK!
4. **Mastery-Oriented:** Once a team member demonstrates mastery of a specific competency, they move to the next.

Equip
LEARN ✦ PRACTICE ✦ SHARE

HOW WE'RE DIFFERENT:

Our Approach to Suicidality

Traditional care models view suicidality as a symptom of other mental health diagnoses, like depression and bipolar disorder, rather than a stand-alone issue. At Lightfully, our clinicians treat suicidality separately from these other diagnoses by addressing the core processes that contribute to suicidal thoughts and behaviors in patients.

“With suicidality, in a traditional model, you would identify what disorder it goes with,” Siegfried says. “Is it major depressive disorder? Is it bipolar disorder? Is it borderline personality disorder And on and on. Then you treat the disorder, and you hope that by treating that disorder, the suicide risk will diminish That’s a sideways approach to treating suicidality.”

Instead, at Lightfully, we use our innovative clinical model to personalize care for each patient. This means patients have access to more holistic interventions that are tailored to fit their needs, resulting in a more targeted treatment plan. And all Lightfully staff receive extensive training in suicide risk assessment, risk factors, protective factors, and safety considerations.

Regular and ongoing assessments are a critical part of our suicidality treatment. Clients complete validated measures of suicidal thoughts and behaviors, and clinicians complete comprehensive suicide risk assessments to determine each client’s level of risk and appropriate interventions.

Finally, we communicate regularly with referents and family members to keep them updated on progress, and help facilitate the patient’s journey back to outpatient care.

