

Beyond the Therapy Room

Helping people move from avoidance to confidence.

A note from Ira

Welcome to our first monthly newsletter. I'm glad you're here.

Throughout my work as a therapist, I've seen how anxiety, OCD, and avoidance can affect people at every stage of life. Those experiences continue to deepen my curiosity about what keeps people feeling stuck and how thoughtful, personalized care can help them move forward.

At Hays Health & Wellness, we support children, teens, and adults as they navigate challenges and reconnect with what matters to them. Each month, we'll share practice news, introduce our therapists, and offer insights to make mental health feel more understandable.

Thank you for being part of our community.

Warmly, Ira



Ira Hays, LCSW

Founder

AROUND THE PRACTICE

A fresh look. More to come.

Our updated website is here. Take a look around, and keep checking back for more educational content and practice updates.

Explore the website

A DIFFERENT WAY TO RESPOND TO FEAR

When fear asks for certainty

What if I throw up?



The worry

Maybe I will. Maybe I won't.



A new response

I can keep living my life.



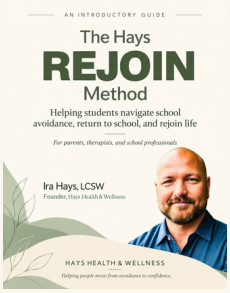
Room for life

Understanding the pull of avoidance

When something feels frightening, stepping away can bring relief. In OCD, school avoidance, and emetophobia, avoiding triggers or relying on compulsions can keep the cycle going.

Exposure and Response Prevention (ERP) helps people practice facing feared situations while resisting compulsions, with guidance from a trained therapist. Over time, this can help people manage uncertainty and participate more fully in daily life.

What is fear making harder to take part in?



FROM OUR EDUCATIONAL WORK

Get your free guide: The Hays REJOIN Method

When school avoidance affects your family or the students you support, understanding where to begin can help. This free introductory guide from Ira Hays, LCSW, offers parents, therapists, and school professionals a starting point for understanding school avoidance and supporting a return to school and everyday life.

Educational content only. Not a substitute for individualized care.

Visit our website to download your free copy.