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Helping Clients Recover from Trauma

- **What is trauma and how can it affect a client?**
 - Disturbing life events that have lasting effects
 - Abuse, neglect, divorce, illness, loss, bullying, ridicule, intense fear, being accused of a crime
 - These events overwhelm clients' ability to cope and can lead to ongoing distress including physical/emotional pain, fear, panic, anxiety, anger, grief, shame, and feelings of helplessness
- **What is EMDR?**
 - EMDR is an integrative psychotherapy approach that has been extensively researched
 - EMDR interventions seek to alleviate these symptoms by unblocking the brain's natural healing processes allowing clients to move toward adaptive beliefs conducive to emotional wellbeing
 - EMDR protocol includes an eight phase model that integrates past, present, and future triggers to eliminate intrusive thoughts, negative emotions, as well as negative beliefs about oneself
- **What are our results?**
 - Healing from trauma and emotional pain
 - Reduction of depression and anxiety with restoration of positive future outlook
 - Insights that turn around negative beliefs and enhance a sense of personal power and self-worth

Professional Profile

- Licensed Clinical Social Worker (LCSW)
- Certified Clinical Trauma Professional (CCTP)
- Experienced in clinical practice, crisis stabilization, and outpatient therapy services
- Trauma and anxiety treatment
- Centrally located in Boca Raton
- Offering dedicated and professional client-focused therapy to both individuals and couples
- Evidenced-based interventions so that each person gets a tailored approach targeting their unique needs
- Cutting edge anxiety treatment without medication

Education, Certifications and Professional Memberships

- Master of Social Work, Florida Atlantic University
- Certified Clinical Trauma Professional, International Association of Trauma Professionals
- Member, EMDR International Association (EMDRIA), EMDR Certified
- Member, National Association of Social Workers (NASW)



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- Experienced, Results-Oriented Therapist
- Based in Boca Raton
- EMDR Certified
- Trauma Certified Therapist