



### Using Evidenced Based Practices Including:

#### **Heartmath Coherence Training**

Empirically tested on individuals across the globe; the Heartmath system teaches clients to ease their own stress and distress. Move from anxious to composed in less than a minute. Once learned, this simple, effective, method can help children and adults self soothe for a lifetime.

#### **Eye Movement Desensitization and Reprocessing EMDR**

EMDR is the premier treatment for Post Traumatic Stress Disorder. This therapy has been adapted to effectively assist clients experiencing difficulties including: addictions, traumas, anxiety, panic disorders, and depression among others. Based on the Adaptive Processing Model, EMDR rapidly unlocks under-processed memories and feelings, allowing the mind and body's natural healing processes to resolve stuck emotions and beliefs.

#### **The Gottman Method Couples Therapy**

With over 30 years of research behind it, this approach is practical and positive. The focus is on raising awareness of each individual's needs, learning to communicate with curiosity and increasing appreciation for each other.



### Comments from previous clients:

"I have worked with at least a dozen different counsellors and none of them enabled me to discover, work through and achieve what you enabled me to do. As a gay man, I also felt that you understood the issues surrounding my sexuality and sexual identity better than any counsellor I had worked with before, which empowered me to look at my life and connect some dots, thank you" *Male client, 40's*

"My experience with you will always be treasured...people come into your life for lessons to learn...you let me discover my own beliefs and emotions on my own, with gentle guidance " *Female client, 30's*

"The EMDR was extremely helpful. It brought up old memories and events that occurred in my life that I either forgot or buried so deep I chose to forget... I found the experience extremely helpful and give the exercise nothing but praise." *Male client, 40's*

"Dawna, you have touched my life in a way that is indeed indescribable. Thank you so much." *Male client, 20's*

# HEALING STEPS THERAPY

...where the journey  
begins

