

BRYCE LARAWAY

MS, LMFT

As a solution-focused therapist, my goal is to help you uncover your true potential and lead a life that is worth celebrating. While we can't change difficult situations of the past, we can work together to better understand and resolve challenges in your life. By applying complementary therapy approaches and techniques, we will unearth long-standing behavior patterns or negative perceptions that may be holding you back from experiencing a more fulfilling and meaningful life.

LYNDA MAJURE RUF

EdS, LMFT, LMHC

I work with individuals, couples, and families on a wide variety of issues, including self-esteem, personal meaning, abuse and violence, trauma, grief and loss, anxiety, depression, stress, gender issues, spirituality, and wellness. Developmental work includes assisting clients in successfully navigating life transitions. Relationship areas include premarital, divorce, remarriage, and stepfamilies.

SUTTON SHEPHERD

MA, LMHC

We all want to lead happy, healthy lives, but we are often unsure how to achieve this goal. My role as a therapist is to assist you in building the kind of life you desire. Learning how to care for ourselves, set healthy boundaries, and master communication skills allows us to take control of our lives. I will be honored to facilitate your growth and look forward to working with you.

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OUR PRACTICE





What is EMDR?

EMDR (Eye Movement Desensitization and Reprocessing) is a powerful method of psychotherapy. To date, EMDR has helped an estimated two million people of all ages relieve many types of psychological distress.

No one knows how any form of psychotherapy works neurobiologically or in the brain. However, we do know that when a person is very upset, their brain cannot process information as it does ordinarily. One moment becomes “frozen in time,” and remembering a trauma may feel as bad as going through it the first time because the images, sounds, smells, and feelings haven’t changed. Such memories have a lasting negative effect that interferes with the way a person sees the world and the way they relate to other people.

IS THERAPY RIGHT FOR ME?

Seeking out therapy is an individual choice. There are many reasons why people come to therapy. Sometimes it is to deal with long-standing psychological issues, or problems with anxiety or depression. Other times it is in response to unexpected changes in one’s life such as a divorce or work transition. Many seek the advice of counsel as they pursue their own personal exploration and growth. Working with a therapist can help provide insight, support, and new strategies for all types of life challenges. Therapy can help address many types of issues including depression, anxiety, conflict, grief, stress management, body-image issues, and general life transitions.

DO I REALLY NEED THERAPY?

Everyone goes through challenging situations in life, and while you may have successfully navigated through other difficulties you’ve faced, there’s nothing wrong with seeking out extra support when you need it. In fact, therapy is for people who have enough self-awareness to realize they need a helping hand, and that is something to be admired. You are taking responsibility by accepting where you’re at in life and making a commitment to change the situation by seeking therapy.

HOW CAN THERAPY HELP ME?

A number of benefits are available from participating in psychotherapy. Therapists can provide support, problem-solving skills, and enhanced coping strategies for issues such as depression, anxiety, relationship troubles, unresolved childhood issues, grief, stress management, body image issues and creative blocks.

Many people also find that counselors can be a tremendous asset to managing personal growth, interpersonal relationships, family concerns, marriage issues, and the hassles of daily life. Therapists can provide a fresh perspective on a difficult problem or point you in the direction of a solution. The benefits you obtain from therapy depend on how well you use the process and put into practice what you learn.



“Creating safe space for your therapeutic journey.”