

Minnesota Therapist Ashley Groshek Earns ART Therapy Certification

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Sentier Psychotherapy, a counseling clinic in St. Paul, Minnesota, is proud to announce that one of their therapists, Ashley Groshek, LMFT, has earned his ART therapy credential. This means that Ashley is now available to provide ART therapy for people who are trying to overcome long-term daily stress/depression, anxiety, phobias, and trauma. ART therapy is a form of psychotherapy that is based on current evidence-based therapies but has been observed to achieve results more quickly.

Megan Sigmon-Olsen, MSW, LICSW, owner of Sentier Psychotherapy, says, "Ashley Groshek is a Licensed Marriage and Family Therapist. We feel proud that he has earned his ART therapy credential, which means that he can provide ART therapy for patients who are suffering from trauma and other mental health issues."

ART therapy employs a combination of traditional psychotherapy techniques with the goal of reprogramming the way in which distressing images and memories are kept in the brain so that they will no longer trigger strong emotional and physical reactions. This is done through rapid eye movements, which are similar to the eye movements that happen during dreaming. The directive and specific approach used in ART therapy allows faster recovery from symptoms and reactions that may have existed for years.

Accelerated resolution therapy (ART) may help with problems related to trauma and other mental health conditions, such as: anxiety, phobias, panic attacks, depression, post traumatic stress disorder (PTSD), addictions/ substance abuse, obsessive-compulsive disorder (OCD), family issues, victimization/poor self image, performance anxiety, relationship issues/infidelity, codependency, victimization/sexual abuse, job-related stress, pain management, grief, memory enhancement, and dyslexia.

Sentier Psychotherapy provides different types of counseling services. These include child therapy, online therapy, adult therapy, adolescent/teen therapy, EMDR therapy, group counseling, family therapy, parents of teens counseling, couples counseling, and pregnancy and postpartum counseling.

The clinic offers individual counseling for people who feel that there is something unsatisfactory in their lives, such as anxiety, depression, anger, loneliness, or addiction. They may also want something to change in their lives, such as their career, healthy relationships, and being at peace.

Through individual counseling, patients will work with a therapist who can help them understand what is it that is making them uncomfortable with their life. While it may take some time to unearth the reason for the patient's dissatisfaction with life, the therapist will offer support for the patient's goals. The change that will occur will only be done by the patients themselves because only they will know what does not feel right in their life.

During the therapy sessions, people may find some of their deeply-held beliefs about themselves being challenged. Usually, these deeply held beliefs about the self can result into a lot of unintentional and self-inflicted pain. Thus, it is essential for the individuals to work with the therapist to better comprehend their beliefs about who they are in the world. It is important to remember that every person has the potential to have a rich and fulfilling life.

For those who are married, Sentier Psychotherapy offers couples and marriage counseling. Some of the common problems that couples may be able to work on during therapy are: communication skills, boundary setting, crisis prevention, intimacy differences, parenting, decision making to support the relationship rather than undermine it, and problem-solving skills.

It should be noted that each couple has certain unique strengths and challenges, which means that couples therapy will have to be customized for each couple. The deeper work will usually involve each partner understanding his or her family-of-origin influences, as well as those of his or her partner. Couples will have to work hard in understanding better those apparently small problems that tend to stimulate huge emotional reactions.

Meanwhile, Sentier Psychotherapy reviews indicate how effective the counseling services being provided are. For example, Raja D. had given the counseling clinic a five-star rating and said, "Solid therapists who understand how to really help children and teens."

Those who are interested in the various counseling services may want to check out the Sentier Psychotherapy website, or contact them on the phone or through email. They are open from 9:00 am to 8:00 pm, from Monday to Saturday.

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For more information about Sentier Psychotherapy, contact the company here: Sentier Psychotherapy Megan Sigmon-Olsen 763-913-8261 msigmon@sentiertherapy.com 475 Cleveland Ave N #103 St Paul, MN 55104

Sentier Psychotherapy

Sentier Psychotherapy is an integrative counseling practice that specializes in mental health services including individual therapy, family therapy, group therapy, and couples counseling.

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