

Austin Counselor Offers Help to People with Issues, Especially Grief and Trauma

July 07, 2021

July 07, 2021 - PRESSADVANTAGE -

Austin Counseling and Trauma Specialists, based in Cedar Park, TX, has revealed that they are offering counseling services in Austin and neighboring areas, to help people with issues, especially trauma and grief. Their team is made up of therapists who have extensive experience in various areas, such as grief and loss, couples work, and play therapy. Currently, the center is focused on trauma and most of their therapists are trained in eye movement desensitization and reprocessing (EMDR).

Russell Kauitzsch, M.S., LPC, owner of Austin Counseling and Trauma Specialists, says, "We are truly dedicated to helping you achieve your developmental goals. Our mental health professionals are in our new office, but also providing online counseling as we navigate thru the current COVID 19 crisis. You deserve to live the best life possible, and we want to make sure that the time you spend with us helps you to achieve that goal. Our mental health professionals are here to help you with many of the issues that can keep you from enjoying life as well as you could."

He adds, "We help with trauma, grief, LGBTQ+ issues, sexual abuse and/or assault, first responders, relationship issues, military and police, anxiety, stress, depression, marriage counseling and couples therapy."

With current events causing a lot of grief, stress and trauma on many people, Austin Counseling and Trauma Specialists are focused on providing counseling for people with problems regarding grief and trauma.

Every individual person expresses grief differently and may lead to a broad range of emotions and reactions, such that people can feel chaotic or they feel like they are going crazy. It may lead to questions of one's own mortality or purpose of life, thus, exacerbating the feelings of chaos and instability. Fortunately, these feelings usually decline over time and the Austin counseling services can help in minimizing the impact of grief.

While part of the process of grieving is simply time to heal, counseling can help people work through the process, resolve internal conflicts, and offer better understanding, healing and peace to those who are bereaved. It is important to understand that grief is not just for the death of a person, but it can also happen in loss of ability, loss of hope, loss of health, loss of a relationship or pet, or loss of limb. Austin therapy can help in all of those situations.

Meanwhile, trauma can make people feel like their lives have been shattered and can never be made whole again. The trauma therapists at Austin Counseling and Trauma Specialists can help these people heal and feel whole again. They use EMDR, which is a research-based method that has been found to be effective for trauma, including post-traumatic stress disorder (PTSD). One important advantage of EMDR is usually reduced time needed for therapy.

Their Austin therapist will guide the client through a multi-stage process in a very scripted manner but not before establishing healthy coping mechanisms and tools to help the individual manage distress should they be required at any time. The therapist will also guide the client in setting up a target issue and helping them determine what they have to focus on during the process. The therapist will then provide bilateral stimulation by moving his or her fingers side to side with the client being asked to follow the fingers with just his or her eyes.

Their office is conveniently located such that people from Austin, Round Rock, Cedar Park, Georgetown, Hutto, Pflugerville, Jones Town, Lago Vista, and other neighboring areas can easily get there. Russell Kauitzsch has extensive experience in mental health, having started in this field a few decades ago, around the turn of the century. His experience in trauma work soon became his passion and focus for much of his career. Today, the center is focused on trauma and they want to reach as many people as much as possible to provide the necessary help.

Those who would like to know more as to how an Austin counselor may be able to help them can check out the Austin Counseling and Trauma Specialists website, or contact them on the phone or through email.

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For more information about Austin Counseling and Trauma Specialists, contact the company here: Austin Counseling and Trauma Specialists Russell Kauitzsch (512) 400-4321?Russell@AustinCTS.com 3000 Polar Ln #501, Cedar Park, TX 78613

Austin Counseling and Trauma Specialists

Austin Counseling and Trauma Specialists specialize in trauma and grief counseling in the Austin, Texas area.

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