**Trifold**

**COVER: (insert picture of lotus flower)**

**Unleashing the**

**Power of the Mind**

**for Healing and Well-being**

**Louise Peters, Psy.D.**

Licensed Psychologist

Specializing in Adults and Couples

321 777-8040

**Back (picture of water or beach)**

**Louise Peters, Psy.D.**

Licensed Psychologist

**Heal the Past**

**Embrace the Present**

**Create the Future**

Office Location:

KETAMINE

holistic wellness center

Atlantic Plaza

1024 Hwy A1A #152

Satellite Beach, FL 32937

321 777-8040

[**www.ketaminehwc.com**](http://www.ketaminehwc.com)

**Back (third that is folded in and seen when you open trifold)**

**Psychological Services**

**Initial evaluation** – Mental health assessment, diagnosis and comprehensive wellness planning.

**Rapid Resolution Therapy (RRT)** – Resolve emotional distress, heartbreak and grief.  RRT clears trauma at the subconscious level with hypnotic communication.  The most troubling of memories are worked through and clients gain a sense of clarity, peace and power.  Only a couple of sessions are needed to experience dramatic and long-lasting effects.

**Eye Movement Desensitization and Reprocessing (EMDR)** – Evidence-based treatment for post-traumatic stress disorder, anxiety, depression and adverse experiences.   Experience relief and empowerment.  More information at emdr.com.

**Short-term talk therapy** – Psychotherapy to create a more satisfying life. Proactive approach to seeking effective solutions for your most pressing emotional and relational problems.

**Meditation for Wellness** - Personalized meditation for calm, healing and well-being.

Fee Information: Medicare and Tricare accepted and filed.

**Inside Page 1 (1 or 3)**

What is Rapid Resolution Therapy (RRT)?

RRT dramatically enhances mood, creates calm, eases grief, optimizes health and promotes success. It is a form of hypnosis that clears stuck personal and interpersonal patterns at the subconscious level. Emotionally charged memories from the past are desensitized. You do not have to talk about your problems, share looping thoughts or re-experience painful emotions. Instead, you are guided to engage in deep brain processing to create an internal shift that changes automatic thoughts and feelings. Transformation happens within your nervous system and thereby facilitates lasting positive effects. Only one or two sessions are needed to experience symptom relief. Sessions are generally 1.5 – 2 hours long.

RRT is effective for many of life’s problems including:

* PTSD, Sexual Abuse and Childhood Abuse
* Grief, Infidelity and Heartbreak
* Relationship issues
* Anger and Resentment
* Guilt / Shame
* Anxiety / Fear
* Nightmares / Insomnia
* Issues contributing to medical problems

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CLEARING OLD STUFF AND MAKING WAY FOR NEW BEGINNINGS

If you have been unable to change how you feel, think or act, it is likely that you are being affected by experiences from your past. When something is highly distressing, it slams into awareness and leaves a lasting impression. Even when the experience is finished, deeper parts of the mind may continue to respond as if the distressing event is still occurring. Emotional problems, interpersonal difficulties and destructive behaviors are impossible to overcome when fueled by the ongoing influence of past events. You may consciously understand the value of changing a behavior, but unless your deeper mind is transformed, change is not likely. In RRT the subconscious mind is engaged, and the influence of past events is eliminated. Energy that was blocked is released and healing takes place. Negative habits and painful emotions are replaced by well-being, empowerment and productivity.

What happens in an RRT Session?

Trauma is stored in the mind and body. Through RRT, you will experience profound physiological calm and you will be guided towards emotional resolution in a gentle, creative and even humorous way. You access inner resources of light and wisdom. You step into the awareness of your true self. As John Holland states: “we all have a beautiful light within, we just sometimes forget it is there”. From this enlightened place, disturbing memories are easily reframed with new meaning. You will leave the session feeling peaceful and sourced from within by a free-flowing energy.

*Clear Your Mind and Change Your World*

* *Discover and resolve subconscious causes*

*for emotional and behavioral difficulties*

* *Eliminate unconscious conflicts*

*blocking desired change*

* *Promote mind / body healing*

Inside 3rd page

Dr. Louise Peters

Dr. Peters is a licensed clinical psychologist specializing in adults and seniors.  She treats people for depression, anxiety, grief, sexual trauma, PTSD, relationship issues, infidelity, divorce and stress-related symptoms.  She has over 20 years of clinical experience in mental health and is an adjunct counseling professor at Webster University.  She received her Master’s and Doctorate degrees in Clinical Psychology from Argosy University in Honolulu, Hawaii.  She earned a Bachelor’s of Science degree in Rehabilitation Medicine from Queen’s University in Kingston, Canada.  At Ketamine Holistic Wellness Center, she provides initial evaluations, assessment, diagnosis and comprehensive treatment planning.  She will collaborate with you to create solutions for healing, empowerment and wellness.

Insert Professional picture