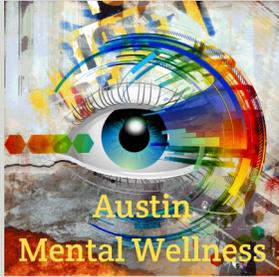


“Cancer cures neuroses” - Irv Yalom



*“The hardest part of cancer for me was emotional and mental. My life work is about creating Post-Traumatic Growth from cancer through mind-body techniques. This study of **Psychoneuroimmunology** is critical to heal and live fiercely in the face of recurrence worries. This is why I am here.”*

Austin Mental Wellness is the practice of **Emily Schottman, LPC**, an Optometrist + Counselor+ Cancer Survivor

I offer precise visual treatments for conditions connected to cancer including Anxiety, Depression, Loss/Grief, Trauma History, Chronic Medical Conditions or Relationship Issues. These treatments are efficient (25 to 45 minutes) and create “extreme well-being” for my clients, since 80% of all brain processing is visual.

WHAT DO EYES AND MENTAL WELLNESS HAVE TO DO WITH EACH OTHER?

Your eyes are connected to emotional parts of your brain. Use of light, color and eye position can help relieve symptoms from medical diagnoses and life experiences that have been scary, frustrating, and overwhelming. Doing visual brain-based exercises can **relax you, balance stress hormones and give you more clarity** with your life values and goals.

WHAT DO SESSIONS WITH EMILY “LOOK” LIKE?

I am a great listener and empathic advocate with experience as a cancer patient and health care provider. My tools include Brainspotting, Walk+ Talk sessions and Emotional Transformational Therapy. Clients spend 3-5+ sessions in office with me, then we create an ongoing maintenance plan.

ABOUT EMILY



Emily has been a caring eye doctor for over 20 years. After a cancer diagnosis and stem cell transplant, she returned to school to become a mental health Counselor. She specializes in unique visual treatments that help heal emotional, mental and physical symptoms. She works with adult individuals and couples who struggle with ongoing stress that follows cancer diagnosis.

WHAT CAN I HELP YOU OR YOUR LOVED ONE WITH?

Anxiety
Depression
Post-Traumatic Stress
Ruminating Thoughts
Disordered Sleep & Eating

Cancer/Chronic Illness
Psychosomatic Pain (it is real! made worse by stress)
Hormone Issues
Long Term Medication Use
Relationship Issues (bring in your caretaker)

www.austinmentalwellness.com

Text or Email to schedule today: (512) 751-9195 emily@austinmentalwellness.com.