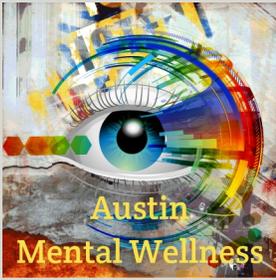


Stress creates mental and physical issues. The good news is that your brain can help your body heal early childhood through adult traumatic events.



My life work is about creating Post-Traumatic Growth through mind-body techniques. A healing relationship is critical to create a new normal that is safe, secure and joyful. This is why I am here."

Austin Mental Wellness is the practice of **Emily Schottman, LPC**
www.austinmentalwellness.com

WHAT DOES A SESSION WITH EMILY "LOOK" LIKE?

I am a caring listener to your unique story. My training in light, color, eye movements and gentle touch can reduce symptoms from medical diagnoses and life experiences that have been scary, frustrating, and overwhelming. Our work can **relax you, balance stress hormones and give you more clarity** with your life values and goals.

My sessions are efficient (25 to 45 minutes) and create "extreme well-being" for my clients using the neurology of your brain that is largely non-verbal (often less talking) and somatic ("body") focused. Clients spend 3-5+ sessions in office with me, then we create an ongoing maintenance plan.



Emily has been a caring eye doctor for over 20 years. After a cancer diagnosis, she returned to school to become a mental health Counselor. She specializes in unique treatments that help heal emotional, mental and physical symptoms. She helps adult individuals and couples who struggle with ongoing stress that follows cancer diagnosis and those who wish a better quality of life.

WHAT CAN I HELP YOU OR YOUR LOVED ONE WITH?

Anxiety
Depression/Loneliness
Post-Traumatic Stress
Stuck Thoughts & Behaviors

Disordered Sleep & Eating
Cancer/Chronic Illness
Physical Pain (made worse by stress)
Career & Relationship Issues

CALL OR EMAIL TO SCHEDULE: (512) 751-9195 emily@austinmentalwellness.com

4130 SPICEWOOD SPRINGS, AUSTIN, 78759 (CANCER REHAB & INTEGRATIVE MEDICINE)

2116 HANCOCK DRIVE, AUSTIN 78756 (INSIDE STARS IN YOUR EYES OPTOMETRY)