

Service	Cost/Covered by Insurance	Addresses:								
		PTSD	MTBI	Migraine/ Headache	Eating Issues	Chronic Pain/Illness	Post-Lyme Syndrome	Anxiety/ Stress Mgmt.	Life Goals	Well-Being
Psychotherapy:	Yes	X	X		X	X	X			
➤ EMDR Therapy	Sometimes	X			X	X		X		
iEMDR				X						
Integrative Life Coaching:										
➤ Life Coaching			X					X	X	X
➤ Integrative Wellness Coaching		X	X	X	X	X	X		X	X
➤ Mind-Body Coaching		X		X	X	X	X			X
➤ Coaching for MTBI									X	X
Trauma Releasing Exercises® (June 2016)		X						X		X