

Lara Bolsom, LCSW

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I am a licensed psychotherapist who is skilled at helping people overcome the challenges they are facing whether their source is in the past, present, or future. I use multiple modalities, including being a specialist in EMDR (Eye Movement Desensitization Reprocessing). Coping with stress, depression, and anxiety can take its toll and cause a person to feel that they are not living up to their potential. My job is to be the facilitator for your change, to help you harness your strengths, and provide you with the tools to lead you to success.

Working together, you will learn how to become stronger, healthier, more positive and how to make informed decisions. I will help you discover a deeper understanding of the 'self' and get in touch with understanding why we do the things we do, and make the choices we make. I help people build a bridge between the emotional self and the intellectual self which are often in conflict. I share interesting and unique perspectives on your concerns, but ultimately my goal is to support you to overcome whatever is standing in your way.

I am trained in the latest and most effective techniques to treat trauma which have also been shown to be helpful in treating many other life challenges. I specialize in EMDR (Eye Movement Desensitization Reprocessing) which is a technique originally developed to treat trauma, and it does so effectively. It is also used to overcome many other obstacles such as

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anxiety and depression, and to facilitate growth and self-exploration. It can also help develop a sense of clarity by establishing and strengthening more adaptive beliefs connected to life's past, present and even future challenges.

I also help couples and families cope with difficulties they might be experiencing. With my post-graduate training at the Ackerman Institute for the Family, I like to look at the whole family or couple as its own system and identify how patterns of behavior can set in motion unhealthy rhythms that cause distress. Through discussion and exploration of the existing patterns, we can identify areas that can be adjusted, thereby positively altering the entire system.

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