

CAROLYN LEE, LMHC
MEMORY NETWORK RECONSOLIDATION



THERAPY

for when just talking about
your problems *wasn't enough*
to solve them.

www.carolynleelmhc.com

EMDR THERAPIST

TREATING *THESE SITUATIONS IN VA, FL, NC, & RI*



Non-belonging trauma

Relationship trauma

Self-esteem trauma

Identity crises

Fear of failure ("What if" trauma)

Attachment Issues

Lack of distinction between Self & Body esteem

"Should've, could've, would've" trauma

Helplessness Trauma

Sibling Trauma

Chronic Cynicism

Excessive self-reliance

Dreading Transitions

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