

[Welcome](#)

[About](#)

[Nuts & Bolts](#)

[Therapy](#)

[Contact](#)

401 East Louthar St. Suite 214

Carlisle, PA 17013

717-601-2235



Therapy helps to uncover thoughts, feelings, and emotions that are stored deep within the brain. These are hidden until events bring the memories to the surface creating issues for further complications in life. Let us break down the barriers forbidding social, emotional, and psychological growth by putting past obstacles to rest.

Together we can create peace of mind!