TRAUMA

Many people struggle with trauma around life’s inevitable experiences with grief, change, loss, and disappointment. While others struggle with complex trauma stemming from abuse, neglect, assault, and other forms of violence (including accidental, natural, and violence inflicted by others). Symptoms of trauma can include depression, anxiety, overwhelming emotions, easily startled, nightmares, panic attacks, suicidal thoughts, self-harm and physical symptoms such as headaches, stomach and body aches. When we experience trauma, it’s like wearing blinders. We feel stuck in rigidity and lose perspective. Trauma separates us from ourselves and from others, binding us to the past.

Isha is certified in Eye Movement Desensitization & Reprocessing (EMDR) and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). She has specialized in trauma for the last five years and continues to see great results when applying trauma therapy interventions with her patients.

“Trauma is specifically an event that overwhelms the central nervous system, altering the way we process and recall memories. Trauma is not the story of something that happened back then, it’s the current imprint of that pain, horror, and fear living inside people.” Bessel van der Kolk

DEPRESSION

Feeling down, sad, or upset is normal. It can be concerning feeling that way for several days or weeks on end. But when depression has been present for several months and has begun to interrupt your daily life, it is time to talk with a professional in order to better manage the symptoms and get back to the life you enjoy.

Physical symptoms and behavioral [changes caused by depression](https://www.healthline.com/health/depression/recognizing-symptoms) can include:

* decreased energy, chronic fatigue, or feeling sluggish frequently
* difficulty concentrating, making decisions, or recalling
* pain, aches, cramps, or gastrointestinal problems without any clear cause
* changes in appetite or weight
* difficulty sleeping, waking early, or oversleeping

Emotional symptoms of depression include:

* loss of interest or no longer finding pleasure in activities or hobbies
* persistent feelings of sadness, anxiety, or emptiness
* feeling hopeless or pessimistic
* anger, irritability, or restlessness
* feeling guilty or experiencing feelings of worthlessness or helplessness
* [thoughts of death or suicide](https://www.healthline.com/health/depression/suicidal-thoughts)
* suicide attempts

**Anxiety**

Anxiety, or fear and worry, can happen to anyone from time to time, too. It’s not unusual to experience anxiety before a big event or important decision. But, chronic anxiety [can be debilitating](https://www.healthline.com/nutrition/anxiety-disorder-symptoms) and lead to irrational thoughts and fears that interfere with your daily life.

Physical symptoms and behavioral changes caused by [generalized anxiety disorder](https://www.healthline.com/health/anxiety/generalized-anxiety-disorder) can include:

* feeling fatigued easily
* difficulty concentrating or recalling
* muscle tension
* racing heart
* grinding teeth
* sleep difficulties, including problems falling asleep and restless, unsatisfying sleep

Emotional symptoms of anxiety include:

* restlessness, irritability, or feeling on edge
* difficulty controlling worry or fear
* dread
* panic

Sports/Career

Do you feel you have more potential than you are currently able to reach? There are many aspects of our lives that can interrupt our success. Stress can lead to anxiety or depression leaving us feeling unsatisfied or frustrated with life. Learning how to better handle stress from work or expectations placed on yourself allows the pathway to setting healthy boundaries. Therapy can help you discover more about yourself and cultivate a higher level of self-motivation and satisfaction with life.