



“Aging is not lost youth, but a new stage of opportunity and strength.”
- Betty Friedan



Therapy Evolved LLC
The possibilities are endless.

ABOUT ME

A lifelong (nearly) Massachusetts resident, Cheryl received all of her education in Massachusetts. She has recently moved from the Boston area to the South Coast of Massachusetts and is offering in person psychotherapy, at local assisted living facilities. She has a history of working with elders both in outpatient clinical settings as well as in nursing homes. For the last few years, she has run a private, telehealth psychotherapy practice and is currently expanding that practice, bringing on other telehealth therapists. She specializes in treating PTSD, Trauma, Depression, Anxiety and Life Transitions. Cheryl looks forward to working with you to meet your goals.

The last few years have been quite difficult for people who are experiencing higher levels of stress, anxiety, sadness, insomnia, low motivation and even increased use of alcohol, food and other unhealthy coping skills. We provide in home psychotherapy support and treatment in your Assisted Living Facility to help you develop healthier coping strategies as well as help with life transitions and relationship challenges.



WE CURRENTLY ACCEPT MEDICARE, OPTUM, AETNA AND PRIVATE PAY.

 Cheryl@therapyevolved.com

 www.therapyevolved.com

 **617-959-1326**

 **101 Arch St, Suite 800, Boston, MA 0211**