

ART,

*I want to talk about ART, my journey with this kind of therapy and my experience with the most effective, compassionate, and knowledgeable therapist I have ever met, Marsha Mandel. I have met and worked with more than a dozen therapists in my life and none of them has enabled me to not only effectively process my emotional trauma but actually change the way I think and feel as a parent, in my work and life. I suffered from debilitating migraines particularly on the right side of my head as well as severe debilitating anxiety and panic attacks triggered by my having to present anything in front of a group of people for work, or in a personal manner.*

*ART was not an easy experience, and one does need to be prepared and ready to deal with the trauma in a way that involves the entire body to process the emotion, emotions that can be extremely intense. However, I was so done feeling trapped that for me what was worse was the inability to live my fullest and best life. My trauma, that terrified little girl inside me, was driving my choices and my life course. I did not want to adult and parent from that place anymore.*

*Marsha and her mastery as a therapist using ART, helped me to change the way I function from day to day. She helped me to redirect the neuropathways of negative emotional responses to positive or no emotional responses. I no longer decide or act upon events and circumstances in my life that are triggers of my trauma. I am able recognize when I am triggered and know that I am safe and an adult, the traumatized little girl inside of me does not have to be afraid anymore.*

*This experience gave me an incredible sense of freedom and genuine joy. With Marsha and her ability to guide me through the ART process I was able to remember the facts of my traumatic experiences but without the attached emotion. I mentally crossed that bridge and, on the way, I released that which held me a prisoner of my own emotions. I have much more control over the way I respond to everything in my life now. That's not to say I don't get triggered, I do, but I am fully aware that I am being triggered and am able to take a time out or redirect myself before making any decision or taking action.*

*I was in and out of therapy for more than 30 years before I found Marsha and ART. I can finally say that after only 6 months of therapy of which I had only a handful of ART sessions I have effectively processed my trauma and not only do I have useful practical, and functional skills to help me navigate my life and everything that comes my way, I have the confidence to know I can navigate any experience successfully. I will continue to work on myself, and I will always be a work in progress, but I feel confident that I can be introspective and successful in whatever life throws my way.*

*-Maureen*