

Collaborative Therapy Sessions

Collaborating Professionals:

Jennifer R. Tieman, LMFT, Psychotherapist

<https://www.psychologytoday.com/us/therapists/jennifer-tieman-pittsburgh-pa/191519>

Dana D. LaSota, MS, Somatic/Body Guide and Kinesiologist

<https://www.powerthrumovement.com/>

**Trauma and Chronic Stress impacts our whole being
Spirit, Body and Mind**

Treatment is most effective when the whole being is considered
Entirety of our whole being

*Our memories are held in our bodies and minds
the top-down (mind) and bottom-up (body) processing can work
Together for Insight and Healing*

*These sessions will incorporate the expertise of two clinicians
specializing in the treatment of both shock and shame based traumas.
Research shows that addressing the whole system at the same time
generates faster and more long lasting change.*

To Schedule an appointment for a Collaborative Sessions: Please email Jennifer Tieman at jenniferriemanlmft@gmail.com

Session Location: The Lebanon Shops, 300 Mt. Lebanon Blvd, Suite 206A, 15234