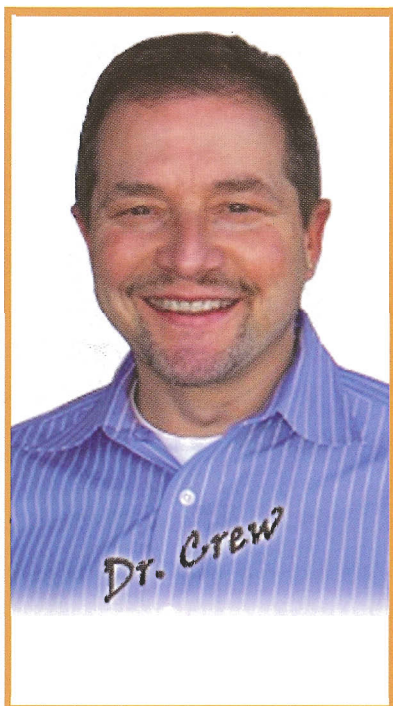


Dr. W. Crew Lauterbach
Ph.D., M.S.W., L.-C.S.W., C.H.



Licensed Psychotherapist

Licensed Certified

Clinical Hypnotherapist

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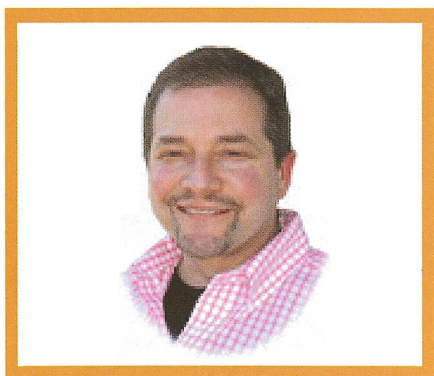


Psychotherapy

Often unresolved issues and traumatic events impact how we live our lives and interact with others. Many times we are completely or partially unaware of how these issues and memories are recreated. The result is maladaptive and repetitive patterns called schemas. By understanding these schemas, we can bring balance to our lives and relationships with others.

Other modalities utilized include...

- **Psychodrama**
- **Gestalt Therapy**
- **Cognitive Behavioral Therapy**



Meditation Therapy

Using meditation techniques, the client becomes the observer rather than the participant of intense feelings and emotions. The client is able to be more objective of the connections between these feelings and their behavioral responses.

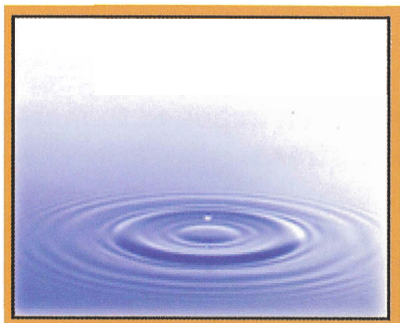
Hypnosis

This is a trance-like state brought about by progressive relaxation techniques where the individual becomes extremely aware of their programmed responses to stress, anxiety, and maladaptive behavior patterns. The client is receptive in this process and open to suggestions based on what they seek to change.

Hypnotherapy

A partially trancelike state where client and therapist seek to bring awareness to unhealthy responses to anxiety based upon regressive techniques. Memories of traumatic events and/or unresolved memories of emotional deprivation are brought to conscious awareness. Hypnotherapy is an interactive process utilizing NLP techniques to reprogram unconscious or subconscious responses.





**Individual, Couple,
and Family Psychotherapy**

Medical Social Work Therapist

**Hypnotherapy
Biofeedback
Meditation Therapy
Light and Sound Therapy**

LGBT Issues

**Hypnosis for:
Weight Loss
Smoking Cessation
Behavior Modification
Stress Reduction**



Biofeedback

Utilizing the natural ability of mind and body to create relaxation response and awareness when exposed to increased anxiety and stress.



Light & Sound Therapy

Utilizing beneficial attributes of light and sound to assist in creating relaxation response and awareness.

Light and Sound Therapy is very beneficial to those experiencing Depression, Anxiety, and Seasonal Affective Disorder.

“Balance and homeostasis are the ultimate goals.”

Dr. Lauterbach has over 25 years of clinical experience in treating individuals, couples, families, and groups.

Dr. Lauterbach is dedicated to assisting and being instrumental in having each individual achieve his or her full potential.

Therapeutic relationships are established through supportive yet honest and goal-oriented work with each client towards contentment, enjoyment, and acceptance of every moment of his or her life.

Dr. Lauterbach has extensive experience as a medical social worker as well as clinical psychiatric experience. He is a licensed psychotherapist and hypnotherapist.

Dr. Lauterbach combines an eclectic approach in the psychotherapeutic process and has a passionate understanding of the mind and body connection believing that an imbalance in one directly affects the other.

“Balance and homeostasis are the ultimate goals.”