

FREE 20 MIN CONSULTATION

and

FIRST SESSION COPAY WAIVED (even if full session deductible)

PEACE ✨ **HEAL, THRIVE, GROW** ✨ **PEACE**

Compassionate Counseling for all ASD staff

Tezlyn “Sam” Clark, M.Ed, LPC

“Supporting individuals on their path to healing and self-discovery”

*****Do you feel stuck in old patterns? Haunted by the past?*****

You don’t have to go through it alone. I specialize in helping adults navigate:

- | | |
|---|---------------------------------|
| ✓ Anxiety, Racing Thoughts, Monkey Mind | ✓ Identity / Self-Esteem Issues |
| ✓ Feeling Emotionally Overwhelmed | ✓ Parenting Struggles |
| ✓ Trauma / PTSD | ✓ Domestic Violence |
| ✓ Attachment Wounding | ✓ Anger |
| ✓ Relationship Wounds | ✓ Personal Growth |
| ✓ Codependency Issues | |
| ✓ Depression | |

*****My Approach*****

Gentle, Grounded, Non-judgmental, Trauma-Informed

I provide a safe, non-judgmental space where you can process the past, reconnect with your strengths, and create the future you want. Using Evidence-based therapies, including **Mindfulness, EMDR, Sensorimotor Psychotherapy, Internal Family Systems (IFS), CBT, Dialectic Behavioral Therapy (DBT), and Havening**, I help clients move from survival mode to empowered living.

*****Serviced Offered*****

- Individual Counseling (Telehealth)
- DBT Groups (for teens and adults)
- Parenting Groups and Classes

Tezlyn “Sam” Clark, M.Ed, LPC * 907-278-9355 * www.tezlynclark.com * sam@tezlynclark.com

*****Start your healing journey today.*****

Your story matters. Let’s write a new chapter... together =)