

Addictions & EMDR Counselor Shadena Natty Offers Help for Post Holiday Blues



Lancaster, Pennsylvania Jan 10, 2022 ([IssueWire.com](https://www.issuewire.com)) - Seasonal Affective Disorder (SAD) is a type of depression brought on by changes in the seasons during the winter months. It affects more people than most realize. The lack of sunshine coupled with the stress or loneliness of the holidays causes some to experience negative emotions. Many will engage in destructive or **addictive behaviors** as a coping mechanism. Fortunately, [Sun Point Wellness Center](#) in Lancaster, PA offers help to people struggling with anxiety, depression, and **addiction** during this time of year.

Shadena Natty LPC, one of the center's highly qualified therapists, specializes in counseling for seasonally triggered mental issues, as well as **drug and alcohol addiction**. She will begin seeing clients soon after the New Year's holiday, perfect timing for those looking for a fresh start and a new outlook to begin the new year. Her specialized training in **EMDR trauma therapy** allows her to help her clients address their trauma, which often contributes to addiction.

Ms. Natty holds two advanced degrees in the mental health field; a Human Services Masters and a Masters of Counseling. She is also a Licensed Professional Counselor (LPC), Nationally Certified Counselor (NCC), Certified Advanced Alcohol and Drug Counselor (CAADC), and a Certified Gottman

Level 2 Couples Counselor. Her experience in recovery treatments ranges from alcoholism to chronic opiate use. She has worked in inpatient facilities, partial hospitalization programs, and as an outpatient therapist.

With her vast experience in several different areas of **counseling and therapy for substance abuse**, Ms. Natty is looking forward to working with clients in Sun Point Wellness' office. She offers a non-judgmental, confidential setting where clients can comfortably focus on individual healing and recovery.

"It is important to realize that addictions can quickly take over a person's life, and many times people are embarrassed to share their private struggles with anyone. This is why I approach each individual with a non-judgmental attitude. My goal is to help heal the person with research-based therapies to overcome drug and alcohol dependency," said Natty.

Shadena Natty approaches to therapy in a humanistic and sympathetic way to help her clients address their mental health problems. She believes in compassionately focusing on the individual as a whole, and uses solution-based methodologies for implementing cognitive behavior therapy. She is honored to be fully trained as an **EMDR therapist** to provide comprehensive treatment for her clients.

For most people experiencing SAD, symptoms start in the fall and continue through the winter months. For those who believe they would like to get past their seasonal depression or heal their addictions, Natty will begin seeing clients after the winter holidays. Visit <https://www.lauramorse.org/addictions> to find out how to make initial contact, and get started on the path to a happy new year.

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Source : Shadena Natty, of Sun Point Wellness Center, integrates a humanistic approach to therapy by using her grounding and compassionate personality to help her clients meet their goals. Her clients

describe her as relaxed, while having a focused and confident approach to therapy.

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