

Arolyn Burns, M.A., LMFT, LPCC: Newport Beach's Renowned Trauma and Anxiety Specialist Expands Holistic Practice

Award-winning psychotherapist brings over 25 years of experience in EMDR, hypnotherapy, and performance coaching to new in-person and online sessions at The A Treatment Center



New York City, New York Jun 24, 2025 ([Issuewire.com](https://www.issuewire.com)) - Arolyn Burns, M.A., LMFT, LPCC, a respected figure in trauma recovery and anxiety management, is proud to mark the expansion of her practice at The A Treatment Center in Corona del Mar. With a career spanning nearly three decades, Burns has earned accolades for her innovative, integrative approach—one that combines EMDR,

hypnotherapy, solution-focused therapy, and mindfulness to help clients overcome life-limiting challenges.

Burns holds dual licensure as a Licensed Marriage & Family Therapist (LMFT, MFC40173) and Licensed Professional Clinical Counselor (LPCC, LPC54) from the California Board of Behavioral Sciences. She earned her M.A. in Clinical Psychology from Azusa Pacific University in 1997. Certified in EMDR, hypnotherapy, meditation, and Gottman Method Level 3 therapy, she offers a blended, client-centered process grounded in both evidence-based modalities and spiritual/emotional support tools.

She specializes in anxiety, phobias, trauma (including PTSD), chronic pain, and stress management. Her credentials boast impressive outcomes, such as helping Olympic athletes win medals, assisting minor-league players to go pro, and guiding over 95% of legal professionals to overcome performance anxiety—often within just 3–5 sessions.

A sought-after speaker and coach, Burns has presented at UCLA, Pepperdine, Las Encinas Hospital, and international forums. She was honored with the Cornelia Funke Award for Exceptional Social Work in 2014, following seven years of service as a Children's Service Administrator in LA County's Child Welfare Mental Health Services. Recognized multiple times by *Three Best Rated*, her contribution to mental health extends from first responders and disaster survivors to professional athletes.

From her Corona del Mar office—located at 2333 East Coast Highway, Suite C—Burns offers in-person and online consultations, including a free 15-minute intake session. Session rates range from \$450–600, with sliding-scale options, insurance reimbursement, and payment flexibility via credit, check, or HSA/FSA accounts. Areas of service span individual adults, elders, teens, and community groups (e.g., aviation professionals, entertainers, first responders), incorporating modalities such as hypnotherapy, EMDR, CBT, mindfulness, and somatic techniques.

Learn More about Arolyn Burns:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83473648-Arolyn-Burns-Psychotherapist>, or through The A Treatment Center, TheATreatment.com

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