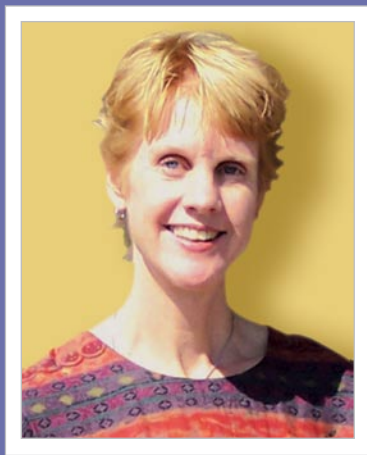


When you are struggling with where you are in your life, remember you don't have to struggle alone. As a licensed psychotherapist, I can help you explore your life. Our exploration can help solve a problem, gain insight or help you appreciate your own talents and uniqueness. You may view our discussions as a way to make necessary changes in order to make life more satisfying and functional or as a means of adapting to, or acceptance of difficult circumstances. Striking a balance between what to change and what to accept in one's life is a common theme in psychotherapy.

Recovery is often a goal in this process. When someone has been through loss, harm, or rapid change, recovery gives one a sense of reorientation and safety. The road to recovery can be adventurous, daunting, exciting or just hard work. As a therapist, I can serve as your guide along the way.



Cindy Matthes-Loy LCSW

Specializing in treating:

- Problems caused by depression or anxiety
- Trauma related symptoms
- Dissociative Disorders
- Difficulty in times of transition
- Addictions
- Adolescents and young adults
- Relationship problems

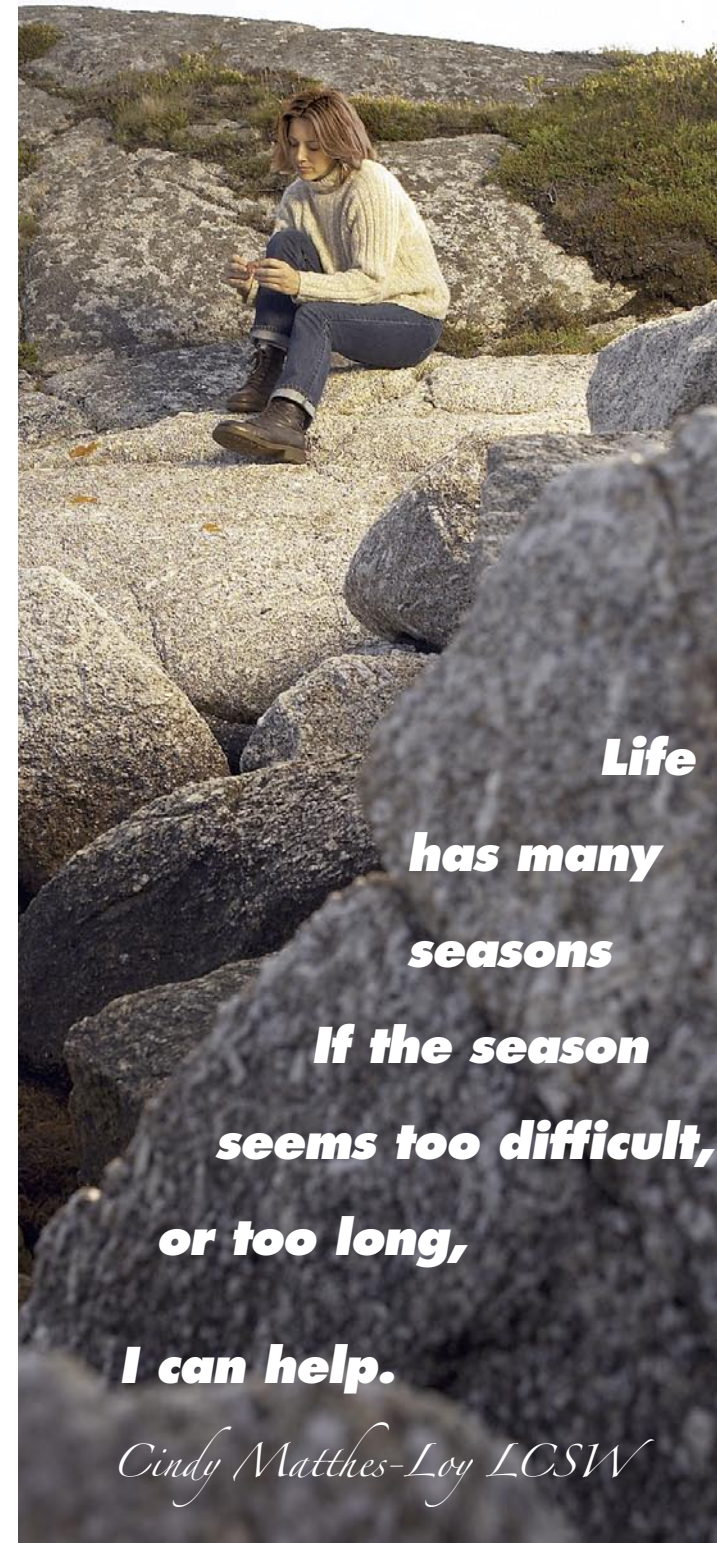
Expect a GLBT-friendly environment.

Professional Credentials

- Clinical Social Work License
 - State of Florida #4431, 1997-present
- Prepare/Enrich Program
 - Relationship Building Certification, 2006
- Hypnotherapy and Rapid Trauma Resolution Certification (60 hrs)
 - State of Florida, 2004
- Coaching Certification
 - Institute of Life Coach Training, 2003
- Eye Movement Desensitization Reprocessing Training
 - EMDR Institute, 2003
- Critical Incident Stress Management Certification
 - Crisis Care Network, 2003
- Clinical Supervision Certification
 - State of Florida, 1996
- Member of the National Association of Social Workers

Cindy Matthes-Loy LCSW
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Phone: 239-822-7880 • Fax: 866-411-8254
License: CSW4431



**Life
has many
seasons
If the season
seems too difficult,
or too long,
I can help.**

Cindy Matthes-Loy LCSW

What is Psychotherapy?

Psychotherapy is a process that helps people to alleviate stress, difficulties in relationships, emotional problems or bothersome habits. The outcome of psychotherapy is personal growth and behavioral changes that lead to increased satisfaction with one's life in the context of its environment. Psychotherapy can also be a means to self-discovery, a journey that involves exploration and methods of listening and expression that serves the goals or desires of the one seeking it. Since people are whole beings, psychotherapy works best when the person is treated as a whole, physical, spiritual, mental being in the context of a particular environment.



Will it work for me?

Many people feel a great deal of benefit from psychotherapy, some even after a few meetings. Like any other treatment or life experience, psychotherapy may not be suitable for everyone. Each individual has to make up his or her own mind about whether therapy is helpful. The initial consultations aim to help people think about this, in collaboration with a therapist. Clinical experience shows that if you are motivated and set realistic goals, psychotherapy is likely to be of benefit.

What are the necessary credentials for a Licensed Psychotherapist?

A licensed psychotherapist obtains a master's degree or doctorate in a chosen mental health field, undergoes a supervised clinical residency, and is licensed, certified, or registered by a government or professional agency to which they are accountable.

Is it important to choose a Psychotherapist who is licensed by the state?

A state license insures that a Psychotherapist has been properly trained, operates under the ethical standards of a professional association governed by the state and is held accountable for upholding these standards.

What will an appointment be like?

A psychotherapy session is a time to focus on what you want from life. In our sessions, we will

spend time discussing your needs, anxieties, concerns and desires. It is purposeful and at the same time flexible. Many methods require only a few sessions. On our journey together, we may view the past and look at what lies ahead. We may explore your unique gifts, creativity and dreams and encourage the discovery of opportunities to regain the enjoyment of your life. I will provide structure and direction, and equip you to move your attention towards change or acceptance. This process leads to a greater satisfaction in life. Much can be learned from past experiences, but the past and feelings about the future are only important as they provide clues to how we will live today. The important day is today, because today is the only day we can really impact or appreciate.

As we meet initially, talk and explore what you want from the process, it will become clear which of the options will work best for you. The important part is to take the first step. Give me a call so we can begin to talk. This may well be the last difficult step you'll have to take...alone.

Sincerely,

Cindy Matthes-Loy

239-822-7880