



TRAUMA THERAPY CENTER
— WEST PALM BEACH —

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<https://www.traumatherapywpb.com/>



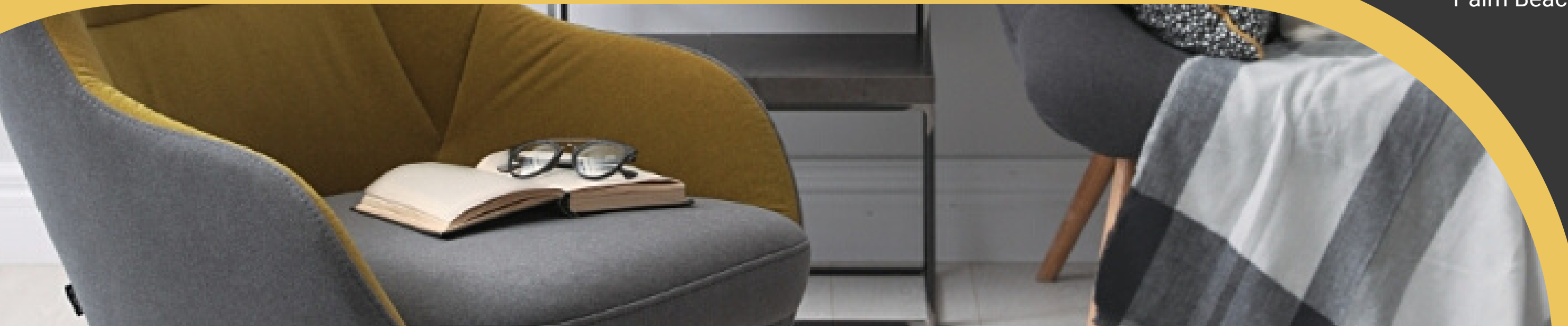
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ABOUT

Trauma Therapy Center

Trauma Therapy Center is a team of experienced psychotherapists specializing in trauma therapy. We offer a variety of services to help you heal from the emotional effects of trauma, including eye movement desensitization and reprocessing (EMDR), cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT). We believe that everyone has the capacity to heal from trauma, and we are committed to providing a safe, supportive, and confidential environment where you can feel empowered to overcome your challenges.

Service Areas: West Palm Beach | Boca Raton | Delray Beach | Boynton Beach | Lake Worth | Wellington | Greenacres | Royal Palm Beach | Palm Beach Gardens



OUR THERAPISTS



Liz Chelak MSW, CCTSI, CRPS
Psychotherapist

Liz Chelak, MSW, CCTSI, CRPS an experienced psychotherapist specializing in trauma therapy. With a proven track record of trust, skill, and education, Liz brings her expertise in eye movement desensitization and reprocessing (EMDR), cognitive behavioral therapy (CBT), and dialectical behavioral therapy (DBT) techniques, ensuring a holistic approach to your well-being.

OUR SERVICES

at the
Trauma Therapy Center



At the Trauma Therapy Center in West Palm Beach we offer a variety of services tailored to you to help you heal from your past, build a brighter future, and find satisfaction from life.



PTSD TREATMENT

Our PTSD therapy helps you decrease symptoms of PTSD including depression, anxiety, and insomnia. Through confidential sessions with our empathetic therapists you can regain emotional balance and the tools to manage your PTSD.



CHILDHOOD TRAUMA THERAPY

Our childhood trauma therapy is tailored to each individual client to help you overcome the lasting challenges of childhood trauma. Through our trauma therapy protocol you can move forward from your adverse childhood experiences and build a stronger foundation for your emotional well-being.



DOMESTIC VIOLENCE COUNSELING

Our DV counseling services provide a safe and confidential environment to help you heal from the trauma of abuse. Our trained therapists help you regain self esteem and learn healthy coping mechanisms using evidenced based interventions such as cognitive behavioral therapy (CBT), Dialectical Behavioral Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR).



DEPRESSION THERAPY

Our depression therapy service is dedicated to helping you achieve happiness and gain satisfaction from life in a safe and compassionate environment. You can choose from research proven effective therapies like DBT, Emotional Focused Therapy, or more to help you achieve the life you want to live.

ANXIETY THERAPY

Our skilled and empathetic therapists will help you address the root cause of your anxiety and develop coping skills to help you alleviate anxiety symptoms in your day-to-day life. Our anxiety therapy focuses on collaboration and strengths based techniques to help you find peace.





ADDICTION COUNSELING

Our addiction counseling services are aimed at freeing you from your addiction to substances. Our experienced therapists will help you identify and heal the underlying causes of your substance use.

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BEST RATED

Trauma Therapists WPB | Top Counselors in Palm Beach



EFFECTIVE TRAUMA THERAPIST

“

Liz is an experienced trauma therapist. She is the most effective in helping her clients overcome PTSD symptoms because of her personal experience in healing. This gives her a unique approach to trauma therapy. If you have the opportunity, I would definitely recommend working with her.

”



INTUITIVE THERAPIST

“

Liz is a compassionate therapist who actually cares about each and every one of her clients. She is highly intuitive and knows the best approach for each client. If any of my family members had trauma I would recommend them to her without a doubt.

”



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GET IN TOUCH WITH US

Trauma Therapy Center: WPB

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West Palm Beach, FL 33401

(561) 363-7994

<https://www.traumatherapywpb.com/>

Working Hours:

Mon - Fri: 8:00 AM - 10:00 PM

<https://plus.codes/76RXPW4X+7J>

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