

Previous Comments:

“After my first session, I have felt so relieved and happy. Saying everything out loud made a huge difference. Is this possible?”

“With two EMDR sessions, I’ve had insights that I didn’t have in two years of therapy. This is amazing!”

“Counseling has really helped me through a difficult time—more than my expectations coming in.”

“I feel proud of the changes I see in myself. It takes time, practice, and hard work.”



Learning, communicating, growing.



**Kerry Matuszek
MS, LMHP, CPC**

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Also visit:



Creating a Better Today Mindfulness and Self-Awareness

**Kerry Matuszek
MS, LMHP, CPC**



*A holistic, strength-based
approach to counseling for
growth and wellness.*

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In a confidential, caring environment, my commitment in counseling is to partner with you to identify solutions that work specifically for you.

I listen with compassion to help you identify your true goals in life and bring closure to difficult obstacles you may be facing.

About this therapist:

With 10 years of experience working with people who want change in their lives for optimal living, seven years in private practice, my focus is on wellness. I use a strength-based and holistic approach that can allow you to create the life you want. Looking at the whole person via Mind, Body, and Spirit is vital in a healing process to reduce stress and create balance. I partner with you to guide you in the direction you want to go, helping you define next steps as you process challenging situations.

Experience includes work with:

*Grief and Loss
Anxiety & Depression
Relationship & Divorce Issues
Difficult Life Transitions
Fears and Stifling Beliefs
Sexual Abuse & Trauma
Gay & Lesbian Issues
Spirituality
EMDR*

Session Types:

*Individuals
Couples
Family*

Orientation:

*Cognitive Behavioral
Humanistic
Holistic*



Nearby Areas:

*Millard
LaVista
Papillion
Council Bluffs, IA
Elkhorn, NE*

Nearby Counties:

*Douglas
Pottawattamie
Sarpy*

Nearby Zip Codes:

*68137
68144
68154
68116
51501
68022*