



Therapy with Mary – Let Go of Your Struggles Once and for All

By Camille Dawson

Mary Winn, LCSW, CHt, RRT / RTR - *Therapy with Mary*

Ever feel you're struggling? For example, with a relationship, stress over your career, maybe something much more personal? Or perhaps you can't even quite put your finger on what's bringing you down. Mary Winn, Certified Practitioner in Rapid Resolution Therapy™ (RRT) and Rapid Trauma Resolution™ (RTR), wants you to know you don't have to face it alone.

Licensed as a Clinical Social Worker (LCSW), Clinical Hypnotherapist (CHt), and certified in Clinical Hypnosis with Rapid Resolution Therapy™ (RRT) / Rapid Trauma Resolution™ (RTR), Mary opened her private practice, *Therapy with Mary*, in 2011. "My goal was always to help people, I actually have done it all my life, even before being a licensed therapist. No matter where I worked, people would always come to me to sit and talk about their problems. It's something that I felt I was put on this earth to do - help people," shared Mary.

Mary is one of the few therapists in the Palm Beach County (with two locations, one in Wellington and one on Palm Beach Island), that specializes in Rapid Resolution Therapy™ and Rapid Trauma Resolution™, a type of treatment for healing patients from pain or trauma without requiring the client to relive past experiences. "With this treatment, I help my clients get to the subconscious level where change can take place," explained Mary.

These practices can assist an array of clients, from those dealing with post-traumatic stress disorder (PTSD), to those dealing with grief, anxiety, depression, or trying to achieve goals such as quitting smoking, or losing weight. One client, a longtime sufferer of sugar cravings, credits Rapid Resolution Therapy™ for eliminating this struggle.

"I am the world's biggest skeptic, so when I heard about "Rapid Resolution Therapy", I was dubious. I really wanted help with my sugar cravings, though, so after getting to know Mary Winn and seeing her honesty and integrity first hand, I felt that maybe I'd give it a try. After just one session, my sugar cravings stopped, much to my amazement. I was able to get through parties and holidays with little or no difficulty. I am truly grateful for this experience and would do it again without reservation." - C. F.

For anyone interested in *Therapy with Mary*, there is no long wait. Mary typically gets new clients into her practice the very week they call. "When clients make that first call to reach out to me, I make sure I speak to them directly. If I am in a session when they call, I return their call as soon as I am free and we will discuss why they're seeking therapy, what their goals are, and I

tell them what it is like to work with me," said Mary.

What would you tell someone who has never been to a therapist before to expect?

This is a very safe environment. Everything they say is absolutely confidential. No matter what it is my clients have to tell me, there is absolutely no judgement passed. And they can feel free to give me information gradually if they're feeling cautious. It never has to be everything at once. It is at their own pace and comfort level.

What is a typical reaction from someone who has used your service for the first time?

The most often comment I get is that they can't believe how at ease they are with me. And they can't believe that they've told me things they've never told anyone in their life before.

What is the philosophy behind your practice?

Whoever is in front of me during each session, is the only person in the world and it's all about that person. My whole hour is about that person. When they leave and the next person comes in, it might seem like it'd be a difficult transition, but somehow that person now goes over to their space in my head and the person that's just come in, is the only person in the world.

What do you enjoy most about your work?

Seeing the difference in my clients from when they come in confused or hurting and as they progress I can see the brightness coming back to them. To know that you've helped someone change their entire life forever, is why I do it. Even when I know that we're getting to a point where they're not going to need my help anymore, it's a wonderful feeling to know that they're going to be able to stand on their own with what they've learned through the process.

If you're looking to grow and let go of baggage and other anxieties, Mary wants to work with you. "I provide caring, rapid results driven treatment, and am committed to making a profound difference in my clients' lives. I want to see you blossom into the person you're dreaming of becoming."

If you'd like more information, or wish to make an appointment, please call either the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.

Therapy with **Mary**

Mary Winn, LCSW, CHt

O: 561-598-8585 C: 561-234-6778

www.TherapyWithMary.com

Lake Wellington Professional Centre
12177 Ken Adams Way Ste. 153
Wellington, FL 33414

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