



**NAMI Lake County Illinois  
General Education Meeting  
Wednesday, October 5  
at 7:00 p.m.**

**Join Zoom Meeting**

**Presenter - Lisa Aranas, JD, LCPC  
Complex Post Traumatic Stress Disorder  
Understanding, Hope and Healing**

Our bodies hold onto everything and know the answers. Self Acceptance is key to freeing up the trauma and making space to heal and live with freedom, clarity, and purpose so that you can experience true joy and fulfillment in your life.

- Lisa is a life coach, certified personal trainer, an attorney, and Licensed Clinical Professional Counselor. She received her counseling degree in 2001.
- Work includes supporting clients struggling with anxiety, depression, trauma, addictions, OCD, ADHD, relationship issues, family conflict, grief, LGBTQIA, and self-esteem issues.
- Sees every person from a holistic point of view, recognizing that the mind, body, and spirit are intricately intertwined. When working with clients, she incorporates interventions and educates her clients from those aspects: psychological, physical, and spiritual (when appropriate). Central to all of her work is to help clients get to the root of their issues not just to heal their wounds, but to help them find purpose and meaning in their lives. This brings ultimate long-term peace and joy.
- Enjoys many activities including hiking, biking, camping, motorcycling, swimming, and kayaking. She finds being in nature extremely grounding and healing.

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