

Welcome, Hearts and Minds

A Letter for Domestic Violence Awareness Month

Beloved Ones,

In this sacred season of reflection, we pause to honor Domestic Violence Awareness Month—a time when we bring into the light those wounds that too often remain hidden in silence. The pain of violence within families is a sorrow that strikes at the very heart of connection, robbing men, women, and children of safety, trust, and love. As Teresa of Ávila once reminded us, “The important thing is not to think much, but to love much.” At Beautiful Minds Family Counseling Clinic, we believe this love must take the form of healing, truth-telling, and the tender rebuilding of broken places.

We live in a time where connection seems ever more fragile, where many carry burdens of unresolved abuse and histories of pain that ripple through generations. Yet, even in the darkest night, the human spirit longs for wholeness. In our clinic, we meet each person and family not only with empathy, but also with the most cutting-edge interventions modern science can offer—neurofeedback, trauma-informed therapies, EMDR, and integrative healing practices. These are paired with the gentleness of presence, compassionate listening, and the unwavering belief that healing is possible.

Our mission is not only to mend what has been torn, but to guide families toward new patterns of love and safety. Here, recovery is not a solitary journey. It is a shared path, where clinical excellence meets tender care, and where brokenness becomes the soil from which resilience and renewed connection can grow.

If you, or someone you love, carries the weight of domestic violence, know this: you are not alone, and your story is not finished. There is a place for you here—a place where families are restored, hearts are strengthened, and the future can be written in hope rather than fear.

With courage, compassion, and steadfast love,

Candice Ruttner-Duryea LMFT –
CEO Beautiful Minds Family Counseling Clinic



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Newsletter

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Healing Retreat

**National Breast Cancer
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Retreat Coming SOON

Want
Know
Share

TO GAIN INTENSIVE HEALING?

SOMEONE WHO WOULD BENEFIT
FROM A HEALING RETREAT WITH
BEAUTIFUL MINDS?

THIS WITH SOMEONE YOU
LOVE



Join us for a 4-day healing retreat full of independent work, group work, equine therapy, spa relaxation treatments, healing through food, and different methods of healing therapy.



Inquire here for
more information



OR GIVE US A CALL FOR MORE
INFORMATION 858-461-0004





NATIONAL BREAST CANCER AWARENESS MONTH

NURTURING RESILIENCE: NEUROFEEDBACK, EMDR, AND LEADING-EDGE TOOLS IN THE CANCER JOURNEY.

IN THE INTRICATE PATH OF CANCER RECOVERY, WE EMBRACE THE SIGNIFICANCE OF NOT JUST HEALING THE BODY, BUT ALSO NURTURING THE SPIRIT. AT BEAUTIFUL MINDS, WE'RE DELIGHTED TO INTRODUCE A RANGE OF INNOVATIVE TECHNIQUES TO PROVIDE SUPPORT FOR POST-CANCER RECOVERY AND TO ENHANCE MENTAL WELL-BEING DURING TREATMENT.

NEUROFEEDBACK: A GLIMPSE INTO THE FUTURE OF HEALING

- AT THE CORE OF OUR APPROACH IS NEUROFEEDBACK, A HEARTWARMING THERAPEUTIC METHOD. THIS GROUNDBREAKING TREATMENT CAPITALIZES ON THE BRAIN'S REMARKABLE ADAPTABILITY TO OPTIMIZE ITS PERFORMANCE. IT'S NON-INVASIVE AND MEDICATION-FREE, MAKING IT A VERSATILE TOOL IDEALLY SUITED FOR POST-CANCER RECOVERY AND DURING TREATMENT.

CALMING THE STORM: EMDR AND NEUROFEEDBACK FOR TRAUMA SERVICES

- CANCER TREATMENT CAN BE AN EMOTIONALLY TUMULTUOUS JOURNEY, LEAVING BEHIND LINGERING TRAUMA. HERE, EMDR, A PROVEN TRAUMA THERAPY, WORKS IN HARMONY WITH NEUROFEEDBACK, PROVIDING A COMFORTING SANCTUARY FOR THE MIND THROUGHOUT TREATMENT.

UNLOCKING HOPE IN POST-CANCER RECOVERY

- THE JOURNEY DOESN'T END WITH TREATMENT COMPLETION, AND EMOTIONAL SCARS MAY LINGER. NEUROFEEDBACK, PERSONALIZED TO INDIVIDUAL NEEDS, EMPOWERS SURVIVORS TO REGAIN CONTROL OVER THEIR EMOTIONAL WELL-BEING, REDUCING ANXIETY AND RESTORING SELF-CONFIDENCE.

ADVANCED TOOLS FOR ENHANCED WELL-BEING

- AS PART OF OUR COMMITMENT TO COMPREHENSIVE CARE, WE ALSO OFFER BIOFEEDBACK SAUNA, AN ADVANCED RELAXATION METHOD, AND COGNITIVE BRAIN WAVE TESTING THROUGH WAVE AND P300. THESE TOOLS FURTHER ENHANCE MENTAL HEALTH DURING AND AFTER TREATMENT, MAKING THE JOURNEY EVEN WARMER AND MORE COMFORTING. WE WHOLEHEARTEDLY BELIEVE IN THE EXTRAORDINARY CAPACITY OF THE HUMAN MIND. WITH EMDR, NEUROFEEDBACK, AND ADVANCED TOOLS, WE ARE HERE TO NURTURE HOPE AND RESILIENCE IN EVERY INDIVIDUAL, PROVIDING WARM SUPPORT AS THEY EMBARK ON THEIR PATH TO RECOVERY.

UNLOCK THE POWER OF YOUR MIND. UNLOCK HOPE.

- JOIN US IN EMBRACING THESE INNOVATIVE TECHNIQUES TO ENRICH THE CANCER JOURNEY. TOGETHER, WE UNLOCK HOPE, HEALING, AND A BRIGHTER, WARMER FUTURE FOR ALL THOSE TOUCHED BY THIS CHALLENGING PATH.

WE WOULD LOVE TO HEAR FROM YOU IF YOU HAVE ANY FURTHER QUESTIONS AND WOULD LIKE MORE INFORMATION PLEASE GIVE US A CALL.

MANY BLESSINGS,
CANDICE RUTTNER-DURYEA LMFT
CEO, BEAUTIFUL MINDS



Beautiful Minds
FAMILY
— Counseling —

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BEAUTIFUL MIND FAMILY COUNSELING CLINIC

NEW TEAM MEMBERS



MEET
MADDIE
AND
ANDREA



WE'RE EXCITED TO WELCOME MADDIE AND ANDREA
AS THE NEWEST MEMBERS OF OUR TEAM!
THEY BRING DIVERSE PROFESSIONAL BACKGROUNDS
AND ARE STEPPING INTO KEY ROLES IN
ADMINISTRATION AND MARKETING. BOTH ARE
ENTHUSIASTIC ABOUT CONTRIBUTING TO THE
CLINIC'S MISSION AND ARE DEDICATED TO CREATING
A WARM, ORGANIZED, AND WELCOMING
ENVIRONMENT FOR OUR PATIENTS.





A Reflection for Domestic Violence Awareness Month

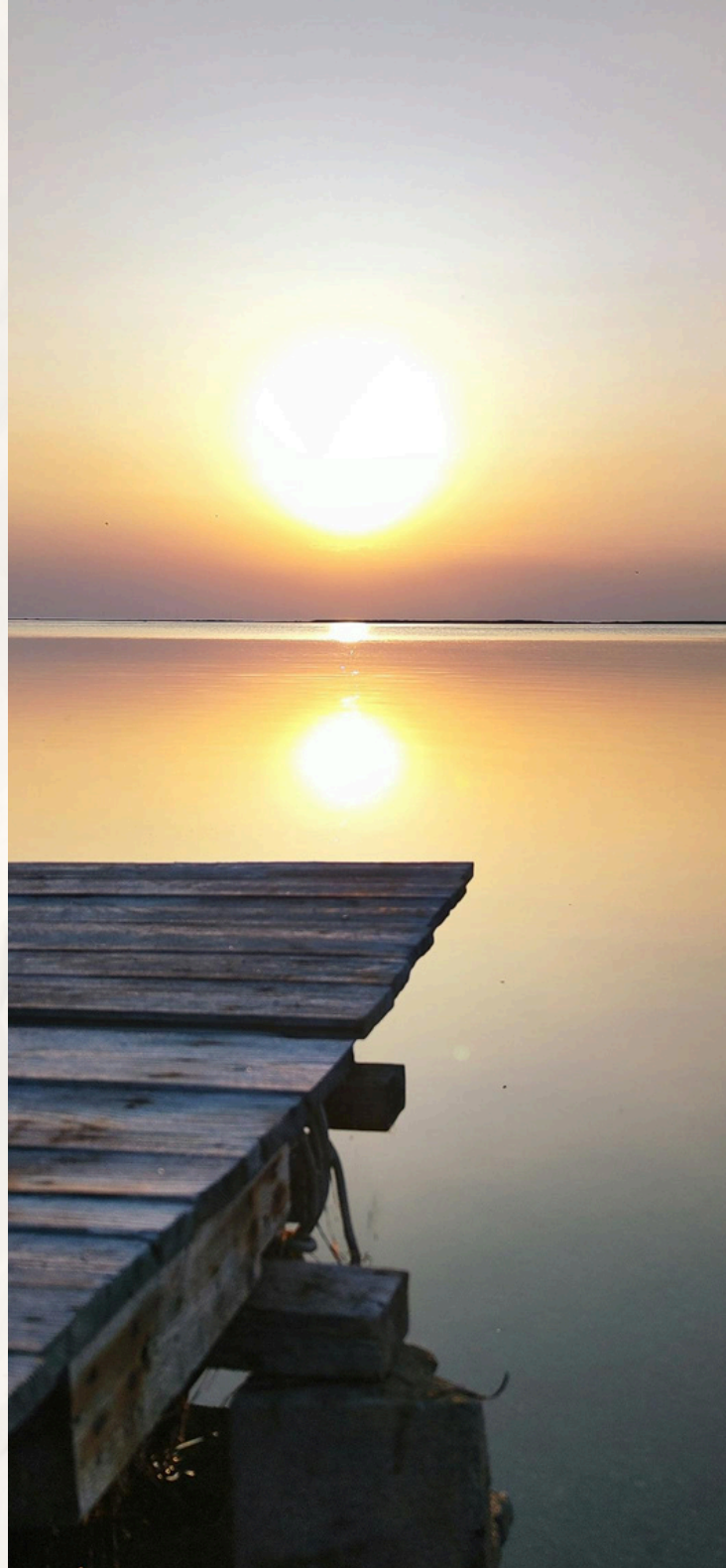
BY, TECHNICIAN AT BEAUTIFUL MINDS FAMILY COUNSELING CLINIC
DEAR PATIENTS AND FAMILIES,

OCTOBER MARKS DOMESTIC VIOLENCE AWARENESS MONTH, A TIME WHEN WE REMEMBER THE COUNTLESS FAMILIES WHO SUFFER IN SILENCE AND REAFFIRM OUR COMMITMENT TO HEALING, JUSTICE, AND RESTORATION. THE TRUTH IS SOBERING: IN THE UNITED STATES, 1 IN 4 WOMEN AND 1 IN 9 MEN EXPERIENCE SEVERE INTIMATE PARTNER VIOLENCE IN THEIR LIFETIME. EVEN MORE TROUBLING, CHILDREN WHO WITNESS DOMESTIC VIOLENCE ARE AT HIGHER RISK OF DEVELOPING ANXIETY, DEPRESSION, POST-TRAUMATIC STRESS, AND REPEATING CYCLES OF ABUSE AS ADULTS. THESE NUMBERS REMIND US THAT DOMESTIC VIOLENCE IS NOT A PRIVATE PROBLEM, BUT A COMMUNITY CRISIS. AT BEAUTIFUL MINDS FAMILY COUNSELING CLINIC, WE SEE FIRSTHAND BOTH THE DEVASTATION OF ABUSE AND THE PROFOUND POSSIBILITY OF RECOVERY. RESEARCH SHOWS THAT WITH PROPER INTERVENTION, SURVIVORS OF DOMESTIC VIOLENCE EXPERIENCE IMPROVED MENTAL HEALTH, REDUCED PTSD SYMPTOMS, AND INCREASED ABILITY TO BUILD SAFE, SUPPORTIVE RELATIONSHIPS. FAMILIES WHO ACCESS TRAUMA-INFORMED CARE AND INTEGRATIVE THERAPIES ARE 40-60% MORE LIKELY TO BREAK FREE FROM CYCLES OF VIOLENCE AND RESTORE LONG-TERM STABILITY. HEALING IS NOT ONLY POSSIBLE—IT IS MEASURABLE. OUR CLINIC COMBINES COMPASSIONATE CARE WITH CUTTING-EDGE INTERVENTIONS. WE USE ADVANCED NEUROFEEDBACK, EMDR, TRAUMA-FOCUSED CBT, AND FAMILY SYSTEMS WORK TO HELP RE-REGULATE THE NERVOUS SYSTEM, CALM TRAUMA RESPONSES, AND RE-BUILD HEALTHY ATTACHMENT PATTERNS. THESE INTERVENTIONS NOT ONLY IMPROVE OUTCOMES FOR SURVIVORS, BUT ALSO RIPPLE OUTWARD—STRENGTHENING FAMILIES, PROTECTING CHILDREN, AND GIVING COMMUNITIES SAFER FUTURES.

JUSTICE, TOO, IS PART OF HEALING. DOMESTIC VIOLENCE CARRIES LEGAL AND SOCIETAL COSTS, WITH BILLIONS LOST ANNUALLY TO HEALTHCARE, LOST WAGES, AND LAW ENFORCEMENT. SURVIVORS OFTEN FACE OVERWHELMING BARRIERS WHEN SEEKING JUSTICE AND SAFETY. YET WHEN THEY ARE SUPPORTED—CLINICALLY, EMOTIONALLY, AND LEGALLY—THE PATH FORWARD SHIFTS. WE WORK CLOSELY WITH FAMILIES TO HELP THEM NOT ONLY FIND SAFETY, BUT ALSO RECLAIM DIGNITY, VOICE, AND EMPOWERMENT IN THE AFTERMATH OF ABUSE.

THIS MONTH, AND EVERY MONTH, WE STAND WITH THOSE WHO HAVE BEEN SILENCED, AND WE OFFER BOTH EVIDENCE-BASED TREATMENT AND THE TENDER CARE OF A HEALING COMMUNITY. TOGETHER, WE CAN TRANSFORM PAIN INTO RESILIENCE, AND BROKENNESS INTO CONNECTION.

WITH RESPECT, HOPE, AND STEADFAST COMMITMENT,
TECHNICIAN TEAM AT BEAUTIFUL MINDS FAMILY COUNSELING CLINIC



Beautiful Minds
FAMILY
— *Counseling*

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ANNOUNCEMENTS



Email or call us for more
information!

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INTERESTED IN NEUROFEEDBACK OR THE BRAINS
COURSE? CHECK OUT OUR WEBSITE AT
BEAUTIFULMINDFCC.COM TO LEARN MORE. CLASSES
ARE 7-WEEKS LONG. CLASSES ARE CURRENTLY IN
SESSION. CHECK OUR WEBSITE PERIODICALLY FOR
NEXT ROUND OF CLASS DATES

Remember Us

A CALL TO PRAYER

One of the most powerful
ways that you, our
wonderful Beautiful Minds
community, can be part of
the services we provide is
through your powerful
intercessory prayer.

*Come, Holy Spirit,
fill the hearts of your
faithful,
and enkindle in us the
fire of your love.*

*Send forth your Spirit
and we shall be created,
and you shall renew
the face of the earth.
Amen.*

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