



The Brain Coaching & Psychotherapy Place

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I Treat:

- Depression •
- Anxiety •
- Obsessive Compulsive Disorder (OCD) •
- Lack of motivation •
- Addiction •
- Being Stuck •
- Not maximizing life potential •
- Not being at the top of your game •
- Communication deficits •
- Sexual struggles •
- Trouble goal setting •
- Lack of resilience in the mind/body/spirit •
- Spiritual Struggles •
- Unhealthy life habits •
- Psychosomatic effects of negative thinking •
- Cancer Issues •
- Loss of a loved one •
- Adolescents • Adults • Couple •

Using these personalized techniques:

- Brain Coaching the Amen Clinic way
- Brain mapping
- Cognitive Behavioral Therapy
- Logo-therapy
- Interpersonal therapy
- Mindfulness
- Breathing techniques
- Diet
- Exercise
- Kundalini Yoga
- Meditation
- Supplements
- Healthy habits
- Emotional Freedom Technique (EFT)
- Alternative and Adjunctive modalities
- Eye Movement Desensitization Reprocessing (EMDR)
- Coming soon: Neurofeedback

I am a Licensed Professional Counselor with a Brain Coaching Certification from the Amen Clinics (Dr. Daniel Amen) and my certification in Eye Movement Desensitization and Reprocessing (EMDR). I have served the mental health community since 2008 and the alternative health community since 1992. I am here to help you or your loved one "get through this". My purpose is to serve our El Paso Strong Community and other Texans for brain, mind, body, and spiritual health by increasing our resilience and maintaining that resilience throughout our lives under all conditions. For others we work on fine tuning existing strengths to achieve personal and professional goals.

I provide comprehensive, individualized mental health care services utilizing evidenced-based psychotherapeutic techniques and integrative and adjunctive approaches that compliment all evidence-based therapies. I am a Certified Brain Coach from the Amen University/Amen Clinics where I use the Amen method to identify and address brain/mental health/physical issues. I integrate brain/mind/physical health and soul support for the wellness and wholeness of the person using brain mapping through an my 11-point system for self-actualization. Adjunctive and non-traditional approaches are complimentary to our work that support, enhance and strengthen the wellness goals we will be working towards. We will work together as a team to get to the root of the issues while working together on life skills for the here and now and for the rest of your life!

