

“Let not your heart be troubled.”



- ✓ Evidenced-Based Interventions
- ✓ Faith & Trauma Sensitive
- ✓ Experienced Clinician with
- ✓ Personal History of Medical & Assault Trauma Recovery
- ✓ Adults 18 +
- ✓ Couples Welcome

Free Your **Self** from Life Dominating Emotional Suffering



Sign up TODAY. Get professional help **NOW**.

ACCESSIBLE AFFORDABLE AVAILABLE

A Next Step Counseling & Consulting group-therapy program



Over 51.5 million US adults (18+) experience emotional suffering.

- 25% of women & 16% of men
- 30% of 18–25-year-olds
- 25% of 26-49-year-olds
- 14% of persons 50+ years-old

**You are not alone!**

**Did you know that signs & symptoms of emotional suffering tell a story that needs your attention?**

### Model for Unshackling Fear Knots

- ✓ Appreciate the value of signs & symptoms.
- ✓ Identify psychological mechanisms stuck in past survival modes.
- ✓ Access, activate, & update adaptive information processing.
- ✓ Educate, Resource, Apply technique, Skill maintenance, & Endurance mindset (E.R.A.S.E).



**Act now. Seating limited. Get info.**

**Text: “Unshackled Info” to 704-567-0522**



- 10-week structured program. 6 – 8 per group.
- Mid-morning & Evening Time Slots
- A fraction of the cost of individual therapy.
- Some insurances accepted (BCBS, Aetna).
- Itemized statements with CPT/Diagnostic code available for insurance if applicable.
- \$300 per individual (10 wk x \$30).\*
- \$500 per couple (10 wk x \$50).\*

\*Workbook not included (\$45).

\*10% Deposit when sign up.

\*Remainder due prior to first session



24 E Cabarrus Ave. Ste. 1200  
Concord, NC 28025  
704-567-0522

[www.take-thenextstep.com](http://www.take-thenextstep.com)

John Liebner, MA, CMHC, NCC