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Trauma Resolution Therapy at

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please contact me
for an appointment

Mark Chidley, LMHC CAP
call (239)728-1886 or visit
www.markchidley.com



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**“Mark Chidley,
Counseling Services”**



Mark Chidley, LMHC
11595 Kelly Road, Ste. 302
Fort Myers, FL 33908

Need help moving on?

Get the help you need to
move past traumatic events
and get on with your life.

Rapid Trauma
Resolution Therapy



by Mark Chidley, LMHC
call (239)728-1886 or visit
www.markchidley.com

You have the potential to move past trauma and make your life your own.

When fueled by the ongoing influence of traumatic past events, things like emotional problems, destructive behaviors, and relationship difficulties can seem impossible to change.

“Many people are affected by troubling experiences from their past, even when these events are not consciously remembered,” according to Dr. Jon Connelly, the creator of Rapid Trauma Resolution Therapy.



When a traumatic event slams into our lives, it can leave a deep impression. Even when the experience is finished, sometimes our mind may continue to respond as if it hasn't gotten the news. It's denied the good part -that the experience is, indeed, over and finished.

These traumatic events can have negative effects years later. Not only in terrible events like war, torture or rape, but also in experiences that seem “normal” -such as hurtful words from a parent or teacher.

Issues Helped by Rapid Trauma Resolution Therapy

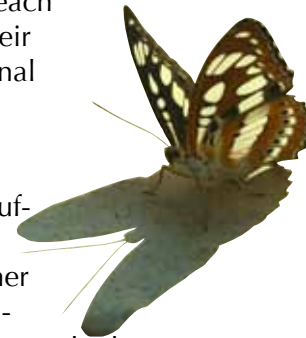
Fears/Anxiety
Depression
Illness & Pain Control
Sexual Issues
Sexual Abuse
Rage
Resentment
Insomnia
Grief
Jealousy

Weight Management
Social Anxiety
Problems with Pornography
Effects of Violence
Effects of Crime/War
Addiction/Dependency
Low Self Esteem
Post-Traumatic Stress
Self-Destructive Behavior
Guilt/Shame

In this respectful approach to healing, Mark collaborates with each participant to address their unique needs and personal goals for wellness.

Even people who have suffered for years or may have tried many other types of therapy can benefit. Often, they find they can look at their stories in a new way, generate possibilities, and unlock new energy to fuel the change they desire.

Post- treatment, participants often report living at a new level-- more fully present to each moment, clear, connected, with a quiet strength and a newfound confidence.



“I knew such changes were possible,” says Mark Chidley, “but I continue to be amazed at the efficiency and permanence in achieving them through RTR. The path to them is often missed or misunderstood by traditional therapy.”

As Dr. Connelly says, “Attempting to bring about enduring change without eliminating the ongoing influence of these old ‘ghosts’ from the past is like trying to repair the structure of a building by applying a coat of paint”.

How it Works

Rapid Trauma Resolution Therapy eliminates the negative influence of traumatic events:

- by pinpointing and resolving conflicts that block change**
- by clearing, organizing and optimizing the mind**
- by reaching all parts of the mind through precise multi-level communication**
- by addressing trauma without having to relive past events or experience any pain, whether these are remembered, repressed or forgotten**
- by allowing a natural re-alignment with the person one desires to be**

Accelerated Sessions Available in
2-3 hour format