

SHELBY LINSTROM, LPC

Trauma Specialist



- Trauma, PTSD
- EMDR Certified:

Healing past events that may continue to negatively impact the present; for trauma, anxiety, and other painful life events.

- First Responder Wellness:
Keeping the mind & body stable while using EMDR to process painful work-related circumstances.

- Acute Stress Reaction
- Generalized Anxiety Disorder
- Grief