



Sheila Trabelsi LPC LAC



At Path to Growth Therapy, Sheila offers care that's uniquely tailored to each client, blending practical tools with deep compassion. Whether you're navigating trauma, grief, or a life transition, seeking stronger connections in your relationships, or exploring spirituality as part of your healing, therapy is designed to meet you where you are. With a whole-person approach, you'll find support to release old patterns, reconnect with your true self, and create the life you want to thrive in.



How to Work With Me

Schedule a Consultation:

- www.pathtogrowththerapy.com
- Email me at:
 - Pathtogrowththerapyllc.com
- Leave a message:
 - (970)-344-9177

Location:

- Offering Virtual Sessions
- In-Person Services Reserved for Extended Sessions & Intensives

Check our website for updates on accepted Insurances.

SERVICES OFFERED

- ✓ Individual Therapy
- ✓ Extended Therapy Sessions (90min/2 hours)
- ✓ EMDR Therapy Intensives (1-3 Days)
- ✓ Couples Therapy Intensives (2-3 Days)
- ✓ Coaching & Consultation
- ✓ Immigration Evaluations



PATH TO GROWTH THERAPY

www.pathtogrowththerapy.com



Who We Help

We help people who seem to have it all together but feel like something is missing. High achievers, helpers, and women in transition often come to us when trauma, disenfranchised grief, anxiety, or strained relationships throw them off balance. Our work provides a space to reconnect, heal, and build the skills to move forward with clarity and confidence.



What is EMDR & ART?

EMDR (Eye Movement Desensitization and Reprocessing) is a powerful, research-backed therapy that helps the brain process and heal from overwhelming or traumatic experiences. EMDR helps you reprocess memories so they lose their emotional charge, creating space for relief, clarity, and resilience.

ART (Accelerated Resolution Therapy) shares similarities with EMDR, but it is more directive and often provides faster results. Many clients experience noticeable relief in just a few sessions, as ART guides you to reframe distressing memories while maintaining the facts of your story without the same emotional weight.

Schedule a consultation today to explore which modality might be right for you.

What Are Extended Sessions & Therapy Intensives?

- Extended Sessions range from 90 minutes to 2 hours
- Therapy intensives range from 3 hours or more, from 1-3 days.
- Both provide focused, uninterrupted time to dive deeper into the heart of what you're working through.

BENEFITS

Perfect for those who don't have time for weekly therapy but want to dive deeper and make meaningful progress now. These services aren't covered by insurance, but options are available to offset costs—schedule a consult today to learn more.

- ✓ Accelerated progress toward goals
- ✓ Greater emotional clarity and integration
- ✓ Focused time to address root issues, not just surface stressors
- ✓ A powerful reset that supports long lasting change.
- ✓ Opportunities to practice skills and repair relational patterns in the moment



What is it like working with me?

Working with me is real, direct, and supportive—I don't sugarcoat, and I'm not afraid to use humor (or the occasional cuss word) when it fits. I meet you where you're at while also challenging you to stretch, grow, and see things in new ways. Our work blends perspective and insight with practical skills, mind-body practices, and, if you're open, elements of spirituality or nontraditional approaches. Clients often describe me as authentic, down-to-earth, and deeply invested in helping them feel more grounded, connected, and empowered.

Schedule your Complimentary Consultation Today!