

WELCOME...

Tru Counseling and Consulting, proudly serves Eastern North Carolina, and is located in historic downtown Washington, NC. Trudy D. Burgess, MA, LPC, NCC, NCP, NBCCH is a **Certified Imago Relationship Therapist, DNMS Therapist, EMDR Therapist**, and provides **Individual Psychotherapy, Couple Psychotherapy, Family Psychotherapy** and **Group Psychotherapy**, as well as **Workshops** and **Seminars**.

Tru Counseling & Consulting Would Like for You to Ask Yourself...

- ◆ Are you fulfilling your dreams and satisfied with your life?
- ◆ Are long standing issues or past hurts disrupting your happiness?
- ◆ Are current problems or life transitions draining your energy?
- ◆ Would you like to improve your relationships?
- ◆ Is stress or low self-esteem taking its toll on you or those around you?
- ◆ Are you experiencing grief, loss, feeling unseen and unheard?
- ◆ Is parenting more challenging than you thought and you worry about your children?
- ◆ Do you find yourself exhausted and bothered by your interpersonal relationships?
- ◆ Are you feeling overwhelmed, discouraged, sad, or tearful?
- ◆ Are you feeling irritable, having difficulty sleeping, or making decisions?
- ◆ Are you having conflicts at home, work, or school?
- ◆ Are you experiencing moodiness and fatigue?
- ◆ Is chaos ruling your marital or family relationship?

Tru for You

Professional help when you need to refocus and repair...

Tru Counseling & Consulting

(252) 974-0322 | tru@trucounseling.com

www.trucounseling.com



Tru Counseling & Consulting is dedicated to helping you develop a healthy, satisfying life. Call today, **(252) 974-0322**, if you would like professional, personal support with healing emotional pain, coping with difficult situations, or with building positive relationships. Services are available to assist you to make sustainable changes beneficial in achieving balance, confidence, trust, joy, and personal growth. Please do not wait just hoping whatever it is will go away. Emotional well being is a vital part of maintaining good health.

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Adolescents

Adults

Couples

Families

Groups

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Who We Are...

Tru Counseling & Consulting is owned and operated by Trudy Burgess. Trudy has over 17 years experience working with individuals, couples, and families.

In addition to **clinical work**, Trudy provides **community crisis intervention services, consultation, workshops and seminars to churches, businesses, schools, and community groups/organizations**, on various topics related to **relationship issues, personal growth, trauma, parenting and recovery**.

Trudy is a **Licensed Professional Counselor (LPC) in VA and NC, Nationally Certified Counselor (NCC), Nationally Certified Psychologist (NCP), Certified IMAGO Relationship Therapist, Certified Clinical Hypnotherapist (NBCCH), EMDR Therapist, DNMS Therapist and Substance Abuse Counselor**.

Trudy has completed extensive training through Imago Relationships International founded with developer and best-selling author Harville Hendrix, Ph.D.

Trudy is an **EAP Specialist** who will **tailor a program** to your Company's needs.

Trudy has also completed extensive training in Developmental Needs Meeting Strategy by Shirley Jean Schmidt, LPC, developer and founder of DNMS Institute.

Trudy is known for her compassion, humor, and enduring belief in the richness of human connections and personal growth. Trudy has often been described as easy to talk with, understanding, refreshing, warm and inviting. Her care for her clients and their well-being is evident in her work.

What is Imago?

Imago Relationship Therapy, is a model of therapy developed by Harville Hendrix, Ph.D. It recognizes that the inherent nature of human beings is what Jung described as a "push towards wholeness". That wholeness contains qualities of a self actualized person: spontaneity and creativity, acceptance of self and others, and ability to tolerate and even welcome uncertainty in life, a need to have both solitude and deep intense relationships, a sense of humor, caring and compassion for others, inner direction, and an open and fresh attitude toward life.

Throughout our development as human beings, that wholeness is fragmented through socialization and developmental experiences with others. The ultimate goal of the work that couples and individuals do in Imago Relationship Therapy is to assist in repairing the wounded or injured aspects of that original state, and reclaim the whole self that can more passionately and vibrantly express itself in life and in relationship.

Imago Therapy is an effective way of helping couples and individuals learn skill sets to live more consciously, be heard and understood, while further developing abilities to give and receive safety and love. They learn tools for deeper connection and ability to live in full aliveness. These tools also create more fulfillment in all aspects of life, work, play, family.

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What is DNMS?

DNMS - Developmental Needs Meeting Strategy - is based on what is known about how a child's brain develops within a healthy family. Children grow and develop in stages. Each developmental stage involves a set of needs which should be met by parents or caretakers. The degree to which childhood needs were not adequately met at a given developmental stage correlates to the degree to which a person may be stuck in that stage. When stuck in childhood there is a risk of something retriggering a child part of self. For example, a person may feel like an adult one minute - then something upsetting happens and suddenly they are seeing the world through the eyes of a sad, angry, or fearful child. This can account for behaviors, beliefs, or emotions that we have now, that we do not like and do not want. DNMS is a gentle process. It is an effective way to relieve/resolve many problems by bringing emotional comfort, healing, and restoring balance to your life.

What is EMDR?

EMDR - Eye Movement Desensitization and Reprocessing - is an innovative method of psychotherapy which has been used by trained mental health professionals to help an estimated half million people of all ages from many different countries. The focus of EMDR treatment is the resolution of emotional distress arising from difficult childhood experiences, or the recovery from the effects of critical incidents, such as automobile accidents, assault, natural disasters, or combat trauma. Other problems treated with EMDR are phobias, panic attacks, distress in children, and substance abuse. Another innovative focus of EMDR is performance enhancement: which aims to improve the functioning of people at work, in sports, and in the performing arts.

Contact Tru directly at 252.974.0322 for customized workshops/keynote speeches for your group/organization's needs/events.