



SUZANNE MCCOLL, LPC

LICENSED PROFESSIONAL
COUNSELOR & EMDR
EXPERT



ABOUT SUZANNE

Suzanne McColl is a Licensed Professional Counselor and EMDR certified. She has been practicing for 30 years, dedicated to helping people reach their highest potential. Suzanne's work is regionally known for producing sustained and life altering results, leading to satisfaction and success in all areas of life.

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*EMDR is a proven,
scientific solution for
helping you succeed at
work and in life.*

OVERCOME TRAUMA

Trauma can create lasting adverse effects on your mind & body; interfering with your life. Traumas may include car accidents, tragic loss of a loved one, near death experiences, history of abuse, medical illnesses, parental neglect, and other drastic life events. Sometimes, our trauma could seem small and insignificant, but has the ability to stay with you your entire life. EMDR can help you resolve distressing emotions and negative beliefs that have been created as a result of traumas - allowing you to re engage in your life.

SUCCEED IN YOUR CAREER

According to a study conducted by Inc., 90% of CEOs fear failure above all else. With any managerial or high level position comes constant pressure and stress. You are responsible for making sure the company is profitable, managing relationships with stakeholders, ensuring employee satisfaction, and so much more. EMDR can help you overcome any limiting beliefs and get back on top by utilizing the performance enhancing aspects of EMDR.

IMPROVE YOUR PERFORMANCE

Being a professional athlete or performer is not only physically demanding but also mentally and emotionally demanding. If you are competing at a high level, you have likely been practicing your craft for a very long time. With that inevitably comes mistakes, missed opportunities, and regret. Even if you think you have overcome those instances, it's still possible they are holding you back from being your best. Don't let anxiety or self-doubt get in the way. EMDR will eliminate the mental roadblocks many athletes and performers face, and help make every game or performance the greatest one yet.