

## ANDREW SEUBERT, LMHC, NCC



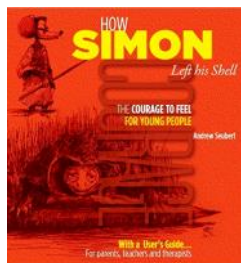
Andrew is an EMDRIA-approved consultant with an extensive background in an Existential-Gestalt approach to growth and therapy. Always drawn to forms of therapy that address the entire

person—mind, body, emotions, creativity and spirit, Andrew has developed an extremely holistic approach in his work with individuals, couples, families and groups.

He has published peer-reviewed articles and book chapters, as well as his two books,

“The Courage to Feel”, and his recently released book and workbook -

“How Simon Left His Shell: The Courage to Feel for Young People.”



Andrew is a highly engaging and gentle retreat/therapy facilitator whose passion about his work is expressed in his use of music, creative imagination, experiential approaches and humor.

His many years of working with a broad spectrum of therapeutic issues, particularly trauma and PTSD, eating disorders and inform his overall Approach. His passion for an integration of psychotherapy and spirituality is a driving force in his intensive Personal Therapeutic Retreats.

Visit our Website to read more, at [www.ClearPathHealingArts.com](http://www.ClearPathHealingArts.com)

## PERSONAL THERAPEUTIC RETREAT COMMENTS FROM PAST RETREATANTS

*When I first called to ask if you would do extended work, it was because I had to drive two hours [each way] to get to your office... I found that the work is more effective when we have a longer session because we can get into the issue without watching the clock and worrying whether or not we ought to open a new area. ... It has been extremely worthwhile."*

M.R. NY

*"It has been a profound therapeutic experience to participate in day long sessions. Andrew has created a wonderful space on his lakefront property as the backdrop of your experience. He has a profound ability to hold the space for whatever needs to happen. By providing the opportunity for full day(s) sessions, he is able to follow themes that show up to completion. Andrew's professional experience and expertise with EMDR & EGO states work is a framework of therapy that has resolved issues for me that I truly thought were unresolvable."*

K.K. PA

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### HOW DO I FIND OUT MORE OR SET UP A PTR?

Our administrator, Rosemary, can assist you with answering any further questions and scheduling a date for your Retreat.

**Call Rosemary at (607) 703-0510 or email [info@clearpathhealingarts.com](mailto:info@clearpathhealingarts.com)**



C L E A R P A T H  
Healing Arts Center

## Personal Therapeutic Retreats

*Come to the Quiet Waters  
and focus on past & present  
to grow into a better future.*

*with Andrew Seubert LMHC, NCC*



*on the shores of Seneca Lake  
In Burdett, NY*

## Personal Therapeutic Retreats (PTR)

A personal therapeutic retreat (PTR) is an opportunity to set aside larger blocks of time to focus more intensively on issues that persistently interrupt one's growth towards a happier and more fulfilled life. It can also be a time for retreat from the busyness we all experience and a chance to return to our deeper values and core Self. Usually a combination of both, the focus here, of course, is determined by a collaboration of therapist and client.

### How long does a PTR last and what is the cost?

A PTR can last from one to several days or even longer. Each working day is typically about eight hours in length, which includes time for breaks and a lunch hour. The daily rate is \$1200.00. Accommodations are available here at ClearPath Center for an individual or a couple for \$100.00/night. There are also numerous B&Bs and several hotels around Seneca Lake that are available year round.

### “That’s a lot of money!”

Yes, it is, particularly since this cannot be billed to insurances, which is why we arrange payment plans when needed; some Health Savings Accounts do allow use for this retreat. However, the concentrated use of time (as opposed to the standard 50-minute therapy session) is extremely efficient in that so much more is accomplished in a day's intensive rather than months of weekly 50-minute sessions. In the long run, it's a bargain!

For this reason, this format is particularly helpful for individuals who have suffered from trauma and PTSD symptoms, often for years with little or no resolution with traditional talk therapy and weekly sessions. Achieving a healing, life-changing shift with a clear plan and focus has become one of Andrew's specialties.

### “So what kind of therapy do you do?”

Our therapy at ClearPath is eclectic in nature, but is primarily based on the conviction that the capacity to heal is innate in each of us. Our job at ClearPath is to midwife, to jump start that healing ability in each client, and, as our mission statement reveals, to “recognize [that]

symptoms in body, mind, emotion or spirit call to us as opportunities for change. Our philosophy is to support individuals, relationships and organizations in their unique movement toward self-healing and growth.” In essence, ours is a *psychospiritual orientation*, utilizing all of the resources each individual brings.

More specifically, we embrace a trauma-informed approach, meaning that we see past painful experiences as the root of presenting complaints and difficulties. When source experiences have been neutralized, it is much easier to change present behaviors and attitudes, as well as to prepare for future challenges. Andrew brings his training in creative art therapies, Existential-Gestalt and EMDR to facilitate this journey.

### Is this only for individuals?

A PTR can be scheduled for individuals as well as for individual couples, or even small groups. At ClearPath we enjoy working with couples of all kinds and orientations, and focused time can be a wonderful opportunity for a couple to work through places where they've been stuck, as well as a chance to renew and revitalize that which brought them together.

### And where does this all take place?

ClearPath Center is a small, but beautiful therapy and training center, located on the east side of Seneca Lake, NY, just several miles outside of Watkins Glen, in the middle of the Finger Lakes wine and dine country. The location is a perfect place to work and then relax and vacation a bit.

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