

# ARIELLE. LCPC. WCC

SPEAKER | THERAPIST | CONSULTANT | AUTHOR



## Helping Individuals with Overcoming Obstacles

Arielle Jordan is a compassionate and knowledgeable professional who specializes in guiding individuals through the challenges of trauma, PTSD, and grief. With her expertise in EMDR and empowerment techniques, she helps clients not only overcome these difficulties but also thrive. Arielle has been featured in the EMDR International Association Blog, discussing what clients should know before starting EMDR.

Arielle offers a range of services, including speaking engagements, workshops, classes, and private sessions for individuals, groups, and corporations. She has authored the Mindset Quality Workbook and has an upcoming book titled "Holding Space: My Story of Grief, Remembering, and Thriving after Traumatic Loss." In addition, Arielle has been a featured speaker for the non-profit organization Reaching Out Now, empowering under-resourced youth. Arielle helps her clients move beyond just surviving into thriving.

MEET ARIELLE

## Signature Topics

### FINDING HOPE AND RESILIENCE AFTER LOSS: STORIES OF OVERCOMING GRIEF

Finding hope and resilience after loss, sharing stories of individuals who overcame grief. It provides insights into various strategies, coping mechanisms, emotional and spiritual aspects of grief, practical tips, and guidance to help move forward. It aims to empower, encourage and equip the audience with tools for their journey toward growth and healing.

### SELF-CARE IN HEALING FROM GRIEF AND TRAUMA

Participants will learn unique and practical self-care strategies for healing from grief and trauma. They will explore self-compassion, boundary setting, mindfulness, and support systems while accessing valuable resources. This session empowers individuals to cultivate emotional well-being, resilience, and navigate their healing journey with renewed empowerment.

### COPING WITH UNEXPECTED LOSS

Attendees will receive a unique and concise summary of effective strategies for navigating the complexities of grief. They will gain insights into processing emotions, building resilience, and finding support during challenging times. By the end of the session, participants will have practical tools and resources to facilitate their healing journey after an unexpected loss.

BOOK ARIELLE

