

Seth A. Weinstein, LPC

Licensed Professional Counselor



Specialized Counseling in

ADDICTIONS | TRAUMA | CODEPENDENCY

*Begin your journey into recovery
and the rewards of living
a fuller life.*

For more information visit

www.sethaweinstein.com



Seth Weinstein specializes in counseling for
ADDICTIONS | TRAUMA | CODEPENDENCY

Addiction

Addiction is a chronic, progressive and even fatal disease. Addictions continue despite overwhelming and often demoralizing consequences on individuals and families.

Overcoming these obsessive and compulsive behaviors requires an individual to make fundamental changes in the way they live, face problems and relate to others. Recovery from addiction may seem like an impossible task. But, once a person has admitted to having a problem, they have already started down their path to recovery. **It is possible to break the cycle of addiction and discover the life you were meant to live. Recovery is possible but it cannot be done alone.**

Seth Weinstein treats both substance dependence and process addictions including:

- Alcohol
- Drugs
- Gambling
- Work
- Food
- Interventions
- Sex and love
- Partners of addicts
- Shopping and spending

Trauma

Trauma is neither a disease nor a disorder, but rather a psychological, physiological and emotional injury caused by paralyzing fright, helplessness or loss.

Unresolved trauma and unhealed wounds can lead to depression, anxiety, rage, isolation, low self-esteem, over-reactivity, nightmares and poor social functioning.

Trained in Eye Movement Desensitization and Reprocessing (EMDR) for the treatment of Post Traumatic Stress Disorder (PTSD) and childhood trauma, Seth Weinstein integrates EMDR into therapy if and when it is appropriate for clients.

EMDR does not merely treat the symptoms of trauma but accesses the traumatically-stored memories at their origin. Talk therapy alone, is usually insufficient to solve these problems.

EMDR can be used as an adjunct therapy if you are working with another therapist.

Nearly all individuals who participate in EMDR therapy report greater general wellness and significant decreases in trauma-related symptoms.

Codependency

Codependency is an intimacy and emotional disorder that impels sufferers to ignore their own needs, values or well-being while constantly attempting to fulfill the needs of others.

Codependents suffer from low self-worth stemming from relational trauma and tend to form unhealthy relationships with people who are emotionally detached, abusive, irresponsible or excessively needy.

Codependents may cope with their emotions by abusing food, drugs, alcohol or sex and love. Many times, codependency is what is lurking just below the surface of addiction.

Therapy helps clients to examine core issues including low self-esteem, boundaries, authenticity, dependency and moderation.

Seth incorporates Inner Child and Feelings Reduction Work into the therapeutic process.

This work can help clients get back in touch with their authentic selves, enhance their self-esteem, and bring their lives back into balance.



“ Each client comes with an individual story and experience.

I honor each client by utilizing a unique combination of therapies that unlock the greatest potential for healing and growth.

I am focused on treating the whole person and that means examining all of the underlying issues impacting a person’s well-being.

I invite spouses and loved ones to actively participate in the client’s recovery process. Family members need a safe place to communicate, heal and learn how to trust again.

The involvement of loved ones in the therapeutic process has been proven to be a significant factor in achieving long-term healing and recovery.

Through recovery, life-long blocks can become opportunities for growth and transformation.”

– **Seth A. Weinstein, LPC**
Licensed Professional Counselor



About Seth Weinstein

Seth Weinstein is a Meadows-trained therapist specializing in the treatment of addictions, trauma and codependency issues.

Seth works with clients in a comprehensive way – not merely to treat symptoms, but to look deeper into the underlying issues behind lifelong patterns of self-destructive behaviors.

A licensed professional counselor, Seth counsels individuals, couples and groups.

To schedule an appointment or to get more information about Seth Weinstein's counseling services call 860-395-4700.

Feel free to leave a confidential voice message. Seth will return your call within 24 hours.

Seth A. Weinstein, LPC

134 Boston Post Road
Old Saybrook, CT 06475
Phone: (860) 395-4700

www.sethaweinstein.com