Individual, Couples & Family Counseling
Neurofeedback Training

Centers for Personal Transformation

Joan-Marie Lartin, PhD, RN
Dr. Lartin counsels individuals, couples, and families through talk therapy sessions. She excels at helping people to uncover the root of their problems and identify negative patterns or behaviors. In partnership with her clients, she designs a plan of action and works with them on their journey toward personal transformation.

“I am passionate about working with people who truly want to change and are committed to doing the work it takes to make that change happen.”

Though many of her clients may share the same kind of problem, Dr. Lartin does not believe in a one-size-fits-all approach. She relates to each of her clients as individuals with a unique life journey. She takes the time to truly understand her clients’ life experiences and perspectives in order to improve their lives in a tangible way.

Dr. Lartin offers neurofeedback training, a natural approach to restoring the nervous system to its original, balanced state. Neurofeedback training is a pleasant, noninvasive approach to health and well-being. A combination of information from the person’s brainwaves, computer software and music give feedback to the brain. This results in clients feeling less stressed, calmer, and capable of clearer thinking.

Since brainwaves and personal patterns change together, changing brainwave patterns through neurofeedback creates an opportunity for these stuck patterns to drop away.

Additional applications for neurofeedback include peak performance training and help towards recovery for people with head injuries, fatigue and strokes.

This training is useful to people who experience chronic stress, anxiety, sleep problems, depression, PTSD, irritability, and attention-related difficulties, among many other psychological and physical disorders. Most clients are able to reduce, avoid or finish a course of medication such as those used for depression, anxiety and attention problems.

Depending on the situation, Dr. Lartin may recommend using neurofeedback in conjunction with counseling, medical evaluations and/or lifestyle changes to achieve an optimum state of health.

To benefit from this training, all the person has to do is sit back, listen to music and enjoy the experience. Go to www.joanmarielartin.com for links to sites providing further information.
About Dr. Joan-Marie Lartin

Dr. Joan-Marie Lartin is a registered nurse and a therapist with more than 30 years of clinical experience. She earned a PhD from the University of Pennsylvania and is certified in psychiatric mental health nursing and neurofeedback training. She is also a graduate of the Georgetown Family Center’s postgraduate program in family systems therapy.

Dr. Lartin has two sons, and she is sensitive to life’s challenges. Her training and experiences help her to be an effective therapist for those who are interested in transforming their lives.

Many clients have benefited from Dr. Lartin’s nursing knowledge, such as those experiencing emotional trauma who also have stress-related physical problems. Others, such as those seeking neurofeedback training, have found considerable emotional support through individual and family sessions.

Couples with marital problems may benefit when one or both do neurofeedback training for anger or depression.

Dr. Lartin uses one or more proven approaches to personal transformation-psychotherapy - with individuals, couples and families - and neurofeedback training. She helps clients with a wide range of problems, including:

- Reexamining and reordering life priorities
- Stress, anxiety, feeling overwhelmed
- Problems with attention
- Marital and family problems
- Depression and grief
- Stress-related physical conditions
- Panic attacks
- Compulsions and addictions
- Recovery from trauma
- PMS, irritability, anger

The Connection between Physical and Emotional Health

“Physical and emotional health can be closely connected. People who seek help for emotional issues such as anxiety, stress, or depression may have underlying, undiagnosed health challenges. Similarly, battling serious or chronic health problems can create enormous stress and anxiety.”

As a therapist and registered nurse, Dr. Lartin understands that there is a complex connection between a person’s physical and emotional health. She can identify potential physical problems that may subsequently be diagnosed and treated by the appropriate health care providers. This integrated approach enables Dr. Lartin to map out a plan for a client’s total physical and emotional well-being.
“Whether it’s a reordering of life priorities or a recovery from deep-rooted traumas, people long for positive change.

I consider it a privilege to help my clients create meaningful change and, ultimately, achieve personal transformation.”

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Medical Insurance

Dr. Lartin is affiliated with many insurance companies as well as Medicare. Please access her web site, www.joanmarielartin.com for further information. Feel free to call her at no charge with any questions you may have about her services and availability.