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HEALTH & WELLNESS



**Therapeutic Approach to Growth Archives Available**  
**May 31st 2016: EMDR: One Woman's Journey Through Healing and Her Therapist's Insight**

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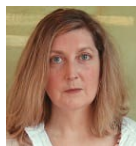
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In this episode host Brooke Wagner interviews licensed clinical social worker Jan Cehn and author and plane crash survivor Carol Miller. We will discuss the research based treatment EMDR and learn about the focus, effectiveness, and philosophy of the treatment. In addition, we will have the opportunity to learn from both a patient and clinician who have successfully worked together to support the patient's healing process. In addition, Carol will discuss her newly released book, Every Moment of a Fall, and how it can offer hope and inspiration to many.

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**Featured Guests**



**Carol Miller**

Carol E. Miller holds a PhD in English and creative writing from the University of Wisconsin-Milwaukee. A former college professor and administrator, she currently runs a commercial copywriting business in the San Francisco Bay Area. She lives Northern California with her husband, a psychotherapist and EMDR specialist.

[Read more](#)



**Jan Cehn**

Jan Cehn is a Board Certified Diplomate and a Licensed Clinical Social Worker with a Master's in Social Work from Smith College. Since attaining her degree, her experience has included being an Associate Clinical Professor and the social work supervisor on the inpatient adolescent unit at UCSF/Langley Porter Psychiatric Institute. While there, she began and co-led a Family Therapy Seminar for psychiatry residents, social work and psychology interns, and nursing staff.

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