

Who Comes to See Jordan?

Everyday, Jordan sees people who are open to the great personal advantages gained from developing emotional body awareness, physical relaxation and mental clarity. In just three to five EMDR sessions (which are done after an intake and history gathering) you begin to realize the following benefits:

- Stop feeling overwhelmed
- Panic and anxiety attacks stop
- Relationships improve
- Worry and excessive thinking ends
- Depression lifts
- Sleeping is better
- Chronic pain eases
- Healing from surgeries and injuries greatly improves



Services Include:

- Counseling for Individuals and Couples
- Group Therapy
- Free meditation teaching sessions weekly
- ADHD testing for adults and adolescents
- Employee Assistance Program (EAP) Counseling

Jordan Shafer, MS, LPC

EMDR Approved Consultant &
EMDR Certified Therapist



CompassionWorks

Most Insurance Accepted

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most helpful resources.

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Artist, Cheryl McNeely, McKinney, Texas

Be open to the possibility that life
will show up differently – more alive,
in-flow, and deeply connected.

In an unassuming little corner of Plano, Texas, you can find that elusive treasure people have been seeking for generations: peace. Who knew it was so close?

Jordan Shafer knew. As an EMDR Certified licensed professional counselor with a masters degree in Counseling and Development, Jordan has helped many people by using his unique approach to counseling. People are finding his synthesis of Presence-based teachings and EMDR to be very beneficial. Jordan's background includes military service in Vietnam and work as an exploration geophysicist, which give him diverse perspectives to add to his repertoire.

Jordan is focused, stays on target, and you get great results NOW.

∞ Eckhart & Oprah

While Oprah presented Eckhart Tolle to the world through her online seminar, Jordan has been inspired by his work since 2002, at a time when **The Power of Now** was just becoming known. Jordan embraced all of Tolle's books and teachings and has sponsored several Presence based workshops in the past six years, including two for Tolle's partner, Kim Eng. Each session with Jordan highlights the depth of ways to *be-in-life*, as he helps clients live the principles of **A New Earth** fully and completely. "We take it off the page and incorporate it into your life," Jordan explains.



∞ Becoming "The Watcher"

One of Jordan's specialties includes ways to help people realize that their life experiences are a reflection of their internal condition. Typically, when we try to repair things in the external world, we're not looking at the real source of the problem - inside. As you learn to focus inwardly to attain calmness and inner peace, that harmony is reflected back to you. As you become "The Watcher" of your thoughts and feelings, rather than simply reacting to life-as-it's-happening-to-you, you naturally feel better and your life starts to work! Jordan can help you become adept in this shift.

∞ EMDR

Eye Movement Desensitization and Reprocessing (EMDR) is a proven, documented approach to therapy that capitalizes on known neuroscience. It has been accepted by the American Psychological Association and is known for its **rapid stress and anxiety relief**. During EMDR sessions, clients move their eyes or listen to sounds in specific ways as directed by their counselor. Concurrently, the clients recall disturbing or stressful experiences. Gradually the memory becomes less disturbing and is now reassociated with more positive thoughts and beliefs. The client gains a positive self-view of their role in the memory and has worked through the recollections in a minimally distressing way. Resolving and integrating blocked emotional memories creates mental clarity, improves your physical life experience and makes for a deeper sense of inner peace.

Nearly 20 controlled studies have investigated the effects of EMDR and have consistently found that it effectively decreases/eliminates the symptoms listed.

Typical symptoms addressed by EMDR:

- Panic attacks
- Anxiety and depression
- Sexual and/or physical abuse
- Lingering grief
- Eating disorders
- Disturbing memories
- Chronic pain
- Performance anxiety