

*Ooh, Mrs. Nancy. How I love to call that name, smile. She saved my life, literally. When I came to her, I was a broken mess. I struggled with depression for most of my teenage and adult life. Every three months, like clockwork, I would have a depressive episode and be down and out for weeks. I couldn't sleep, couldn't stay on a regular schedule, and couldn't get out of bed. My life was horrible, to say the least. I would reflect on my past abuses: verbal, emotional, and physical that I suffered at the hands of my father and others since I was a child and spiraled into depression. When I came to Mrs. Nancy, I was at my wit's end. I contemplated suicide because I was so sick of living with chronic depression. Mrs. Nancy saved my life. We began having Accelerated Resolution Therapy weekly sessions and within a month something shifted in me. I was beginning to feel better and less anxious and sad. Most people do ART therapy for a few sessions, but I did it for a year because I wanted to deal with every negative thing that was done to me or said to me throughout my entire life. It was hard, but I committed to this therapy and I did it. I am proud to say that I have not had a depressive episode in almost three years. ART therapy saved my life. Today, I am emotionally healthy and whole. I have learned my triggers and created boundaries for myself from those who would try to hurt me with their negativity. I am back to being the creative beautiful woman I was in my early teenage and 20-something years. I am living life to the full and finally loving my life. If you want to be cured of trauma, Mrs. Nancy is your girl, smile. I love her and respect the work that she is doing to literally change lives.*

— Jeanine N. Scott