

Discover Your Path to Transformation

- 🌻 Do you find yourself questioning the purpose of your life?
- 🌻 Are you eager to make a meaningful impact on the world?

Dr. Constance Clancy is dedicated to guiding you through a transformative journey that will ignite your inner potential and lead you toward a more fulfilling existence.



“When you change the way you look at things, the things you look at change. You’re only a thought away from changing your life.”

~ Dr. Wayne Dyer

Inquiries and Appointments:



drconstanceclancy@gmail.com



(970) 376-4163



www.constanceclancy.com



100 Elk Run
Suite 122
Basalt, Co 81621

I would be honored to work with you and facilitate your discovery of the whole YOU. Contact me today.

In-Person and Virtual Sessions Available

Transform your life from within.
Take the first step today.



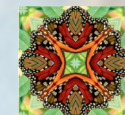
Mind/Body Wellness

CONSTANCE CLANCY, ED.D, LPC, LMHC, NCC

Nurture your connection with your intuition and listen to the whispers of your heart and soul

Stepping into Your Miraculous Life

- 🌻 **Calm, Ground and Focus your Thinking Mind**
- 🌻 **Use the Power of Your Mind in a Way that Supports You**
- 🌻 **Open Your Heart to Experience Higher Levels of Consciousness**
- 🌻 **Scan, Sense and Run Energy in the Body and Experience Choices that Align with Your Deepest Desires**
- 🌻 **Balance Your energy Centers for Emotional, Physical, Mental and Spiritual Well-Being**
- 🌻 **Access Mental, Emotional, and Physical Healing**
- 🌻 **Usher in Everyday Miracles and Live in the Miracle Zone**



Embrace Your Journey

Celebrate making the empowering choice to explore a therapeutic partnership. This decision could not only be transformative, but it could also infuse your life with a newfound sense of purpose and meaning.

As a holistic stress management instructor, I offer an assortment of tools and guidance for those desiring to apply a holistic lens to their conscious journey, involving mind, body, spirit, and emotions. This holistic approach fosters increased creativity, compassion, and a sense of purpose, fostering personal empowerment and healthier living.



Our services:

- 🌸 Interpersonal Psychotherapy: Uncover the power of meaningful connections and enhance your relationships for a more harmonious life.
- 🌸 Anxiety Reduction: Learn effective techniques to manage anxiety and regain control over your thoughts and emotions.
- 🌸 EMDR: Experience healing from past traumas through Eye Movement Desensitization and Reprocessing therapy.
- 🌸 Hypnotherapy: Tap into the subconscious mind to overcome obstacles and achieve personal growth.
- 🌸 Women Centered Coaching: Break through inner barriers that have held you back, and embrace your true potential.
- 🌸 Spiritual Life Coaching: Explore your spiritual journey and align your actions with your higher purpose.
- 🌸 Happy for No Reason (HFNR) Coaching: Cultivate a state of lasting happiness and joy that stems from within.
- 🌸 Grief. Love never dies. It's inevitable we all go through the pain of loss in this life. Grief is a natural part of healing. Our loved ones including our animals never leave us. They leave their physical bodies and spirits live on. Dr. Connie helps her clients learn ways to connect with their loved ones.

Let me support you

✓ **Ignite your inner spark with a combination of Interpersonal Psychotherapy, EMDR, and Spiritual Life Coaching.**

✓ **Overcome anxiety, break through barriers, and find lasting happiness through a blend of Hypnotherapy, Women-Centered Coaching, and HFNR Coaching.**

"I've been seeing Dr. Clancy for 4+ years. She has helped me tremendously through several challenging chapters.

I love working with her because of her wide range of skills. She can do traditional talk therapy, to hypnosis, EMDR, relaxation techniques and more. I've referred many close friends and family to her and would highly recommend working with her."

~ S. S., Snowmass, Co

"Dr. Clancy's warm and calming presence helped me open up and dig down deep to discover my true desires and life goals. She asked all the right questions and expertly guided me along my path. Thank you!"

~ AP (Aspen, CO)

"Dr. Connie's use of EMDR has helped me tremendously to reframe how I'm feeling to how I want to feel. This has been key in repatterning old, dysfunctional and unhealthy ways of thinking and feeling to creating more positive, helpful ways to handle stress and anxiety. The EMDR method is not formulaic - but over time, after working with the technique I've noticed a significant shift in my ability to restructure my thinking. I've grown exponentially and continue to be excited about the use of this technique and my collaboration with Dr. Connie."

~ IP, Snowmass, Co