

Mind• Body• Spirit

We have learned that a person's Mind, Body, and Spirit are interconnected, with each part influencing the others.

MIND or SOUL (Eph: 4:23) Includes our Intellect, our Will, and our Emotions

BODY (1 Cor. 15:44): Our Physical Selves., which Touch the Material World Through Our Five Senses

SPIRIT (James 2:26): Sphere of Activity where Spirit of God and/or Other Powers Attempt to Operate

When we are taken "Through The Mill" by experiencing wounding and trauma in relationships and otherwise, we can learn negative thought patterns and habits that can cause the steady destruction of our mental, physical, and spiritual well-being.

God can heal the Mind, Body, and Spirit through a journey of telling our life stories to reveal areas that have left us wounded. Once we learn to identify the roots of harmful thoughts and emotions and deal with them, we can begin to overcome destructive behaviors that damage all three parts of our selves.

**Our Thoughts Become Our Words
Our Words Become Our Actions
Our Actions Become Our Habits
Our Habits Become Our Character
Our Character Becomes Our Destiny
Our Mind, Body & Spirit Can Become
What We Allow it to Become**

Take the First Step Toward Healing and Call Through the Mill Counseling, Inc. at

570-850-3682

*We Operate by Appointment
Only & Accept Most Insurances
and All Self-Pay Clients*



**Our Private and Peaceful Office
Setting in Lewisburg, PA**

**For More Information Visit Us On
The Web @
www.throughthemillcounseling.com**

Through the Mill Counseling, Inc.



*Have You Been
Through the Mill?
Unsure How to
Pick Up the Pieces
and Rebuild?*

WE CAN HELP!

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Lewisburg Pa 17837
570-850-3682
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Been Through the Mill?

In many ways, life in unhealthy relationships can be like the process of the two stones in a grist mill, a constant grinding and pressure that continuously wears you down over time. The grinding never seems to end because of the wounding that occurred or is occurring in your family and the generations that preceded you. For some, it can feel more like a saw mill where you feel like you have been debarked and sawed into many pieces and then ground into mulch!



It is our goal to help pull you out from between those mill stones or mill blades. We want to get you "Through the Mill," out of the mill, and to the other side to freedom! *Even Jesus had someone help him carry His cross.* We are here to help you in your journey to healing from your own personal experience of going "Through the Mill."

In Need of Support?

At TTMC, we know that God loves all people. We strive to treat all clients with the utmost degree of love and respect, in an attempt to look at them through God's eyes. No matter your past or present struggles, we hope to support you in the journey toward healing.

Counseling Services

*Family • Marital • Individual
Adult • Child • Adolescent*

Fear • Anxiety • Worry • Depression •
Bipolar • Stress • ADHD • Post Traumatic
Stress • Personality Issues • Sleep • Self Esteem
Bereavement & Grieving •
Self-Mutilation • Anorexia • Bulimia •
Over-Eating • Hoarding • Abortion &
Post Abortion Counseling

Relationship Abuses

Sexual Abuse • Verbal Abuse • Emotional
Abuse • Physical Abuse •
Restoration of Relationships Individually &
Collectively When Safe/Possible

Marriage and Divorce

Premarital Counseling • Marriage Counseling •
Counseling for Those Considering, Going
Through, or Who Have Already Been Divorced •
Children of Divorce

Spiritual Counseling

Victims of Spiritual Abuse • Biblical Christian
Counseling

Life Skills

Mentoring • Discipleship • Relationships •
Employment Issues • Life Changes •
Social Skills

Finances

Budget Planning • Debt Consolidation &
Reduction Strategy

"Working All Things Together For Good"
Romans 8:28



The Road to Healing

It is our belief here at TTMC that there is a road to emotional healing which requires us to get to the root of our emotions, confront our past, and forgive our offenders. We believe that for many, it takes a counselor with a loving and caring heart to support you in this journey. Most of us need help to see and unravel all the turmoil so we can realize the areas of wounding in our lives. Often we are just too close to our own wounding to see it.

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."
Jer. 29:11*

Our office provides a safe and supportive setting to explore the issues keeping you from true healing. We are experienced working with families, children, adolescents, individuals, and couples to address a variety of issues related to relationships and their impact on the Mind, Body, and Spirit..