



The Courage to Feel: A Practical Guide to the Power and Freedom of Emotional Honesty

By Seubert Andrew

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Editorial Review

About the Author

Andrew Seubert, LPC, NCC, is the co-founder of ClearPath Healing Arts Center in Corning, N.Y. A licensed psychotherapist for 25 years, he has an extensive background in Existential-Gestalt psychotherapy and in music therapy, and provides EMDR consultation and training for other clinicians. Andrew specializes in working with trauma, posttraumatic stress, eating disorders, and the integration of spirituality and psychotherapy. A passionate and engaging international presenter and workshop facilitator, Andrew lives with his wife, Barbara, in north central Pennsylvania, where they co-parented a blended family of five, and where he pursues his love of psychotherapy, music, writing, photography, and basketball.

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