

# Courtney Armstrong

## Biography

**COURTNEY ARMSTRONG, MED. LPC**, is a Licensed Professional Counselor and the author of [\*The Therapeutic "Aha!"\* \(2015\)](#) and [\*Transforming Traumatic Grief\* \(2011\)](#). With a career spanning more than two decades, she has helped thousands of clients overcome trauma and experience personal transformation. She also offers live and online training to mental health professionals showing them how to creatively resolve trauma and elicit life-changing results for their clients. Her expertise, wit, and warmth has made her a much sought after media guest appearing on CBS Radio News, ESPN radio, NPR affiliates, and other shows. She also contributes to professional magazines such as the *Psychotherapy Networker* and the *Neuropsychologist*.



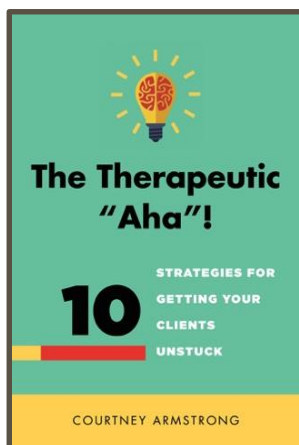
## AS SEEN ON



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## About *The Therapeutic "Aha!"*



[\*The Therapeutic "Aha!": 10 Strategies for Getting Your Clients Unstuck\*](#) explores the thrilling moment when a client reaches an elusive realization and makes meaningful change. In 10 straightforward strategies, this practical book demonstrates how to jumpstart progress when client is stuck and create transformative experiences by engaging the "emotional brain" where automatic, unconscious patterns are stored.

Concise, reader-friendly, and filled with helpful case stories, this wonderfully accessible book puts a new spin on brain-based strategies that use imagery, story, play, music, and movement showing clinicians exactly how they can be used to make those once-elusive therapeutic breakthroughs more frequent, leading to greater healing for their clients.

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