

# Holistic Therapist Dr. Constance Clancy to be Featured on CUTV News Radio

SNOWMASS, COLORADO, UNITED STATES, December 5, 2018 /EINPresswire.com/ -- Constance Clancy began her career as a teacher some thirty-five years ago, where she rapidly noticed the need for individual guidance. So, she went on to pursue a Master's degree in Counseling Psychology from Sam Houston State in Huntsville, Texas. While living in Sanibel/Captiva Island on the gulf coast of Florida, she added a Doctoral Degree in Education to her credits, commuting to Ft. Lauderdale to do so. For many years she split her time between Florida and Colorado and maintained practices in both states. Then about 6 years ago, she decided to make the scenic, wooded, lush, mountainous landscape of Colorado her year-round home. As an admitted empath, she says, it is so easy to commune with nature there and enjoy the outdoors in any season.



Dr. Clancy is known as an eclectic therapist, because she uses such a rich mix of modalities in her work. These include hypnotherapy (for relaxation and self-improvement), EMDR (for releasing the grip of traumatic experiences) positive and holistic talk therapy, and life/couples coaching, based on the four distinct Brainstyles in Marlene Miller's book. Dr. Clancy stresses that therapy is not a one-size-fits-all kind of thing, and that she loves having a full set of tools in her toolbox to work with.

Dr. Clancy says that she sees a bright light in everyone and wants to help them see that light in themselves, for the sake of their own healing. She is so encouraging, optimistic, and positive, reminding clients that there is so much more right with them than wrong. She sees you as a whole person who wants to return to wholeness but may have been sidetracked by programming (the way that parents, teachers, spouses or authority figures shape our sense of self) and that she can help us get where we want to be. The idea is not to reinvent yourself, but just be a stronger, calmer, and better you. Learning mindful living—making the best of the here and now—is another way she helps clients be less anxious, more successful, clearer, and make healthier choices on intellectual, physical, emotional and spiritual levels. Maintaining a spa-like atmosphere (with lavender pillows, candles and music) in her therapy space is another element of helping people stay relaxed.

Dr. Clancy is getting ready to run a special seminar this January at the Tween Waters Inn and Spa in Captiva Island Florida. It is focused on reclaiming yourself from the energy-sucking narcissistic

vampires that many people fall victim to in today's times. It will provide tactics on recognizing such abusers, and setting healthy limits in skewed relationships (with partners, family, co-workers, etc.) Dr. Clancy is currently writing a book on the same topic called *In the Nick of Time: Rising to Resilience from the Depth of Betrayal*. It is her second book, the first published in 2013.

From her smooth hypnotic voice, to her insights and positive messages, Dr. Clancy has so much greatness to share, so be sure to listen in and explore Mind-Body Wellness with her.

CUTV News Radio will feature Dr. Constance Clancy in an Interview with Jim Masters on Thurs, December 6th at 11:00am EST.

Listen to the show on [BlogTalkRadio](#)

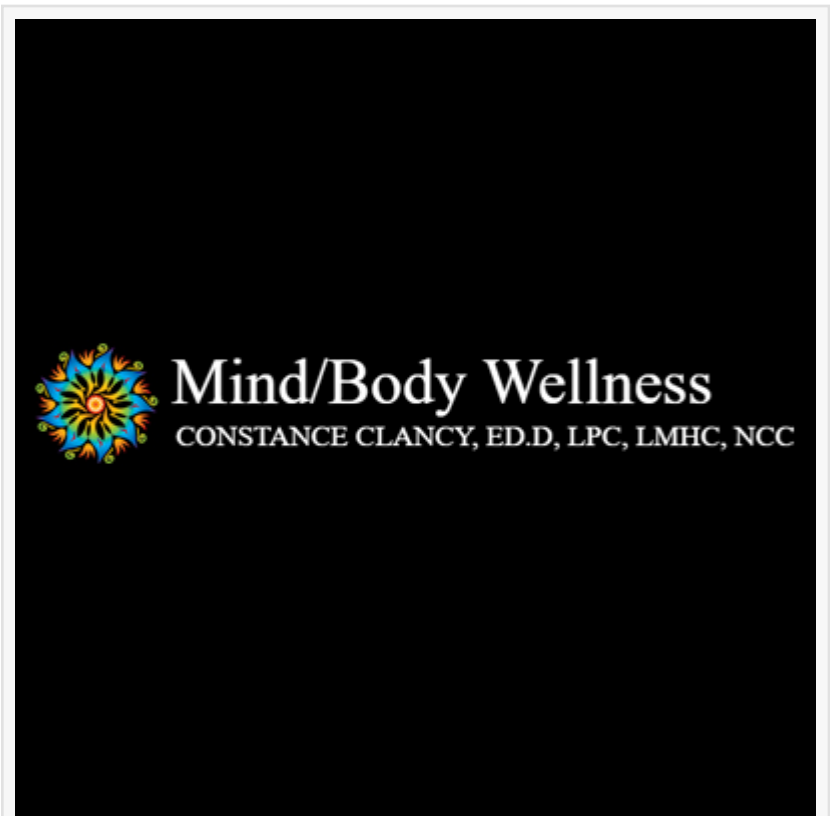
If you have questions for our guest, please call 347-996-3369.

To learn more about Dr. Clancy's holistic therapy practice, books, and speaking engagements visit her website at : <http://www.drconstanceclancy.com>

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