



## Shondra Ruen, MSE, LPC

Shondra Ruen Specializes in children, individuals and family therapy. Her therapeutic interests include: physical and sexual abuse, childhood grief, mood disorders, social anxiety and shyness, family communication, parent-teen relationships, adjustment issues related to divorce or other stressful events, and post-traumatic stress syndrome.

Shondra combines art, play and other forms of expressive therapy with ideas drawn from CBT, Child Centered Therapy, Narrative, Psychoanalytic and Family Systems. Play Therapy allows children the opportunity to incorporate the brain and the body to achieve maximum growth and development. She uses creative venues along with research-supported methods to help children process painful memories. Shondra also incorporates animal assisted interventions as a medium for healing.

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