

Arolyn Burns, M.A. LMFT, LPCC: Pioneering Mental Health Support at The A Treatment Center

Newport Beach Therapist Expands Reach with Comprehensive Services Tailored to Individual Needs



New York City, New York Jan 23, 2025 ([IssueWire.com](https://www.IssueWire.com)) - A licensed therapist with over 27 years of experience in the field of mental health, Arolyn Burns is the Founder of The A Treatment Center. With a primary office in Newport Beach and additional offerings for online and phone therapy, she is committed to providing comprehensive mental health support tailored to the unique needs of each individual.

Education-wise, she holds a Master's degree in Clinical Psychology from Azusa Pacific University and is licensed by the California Board of Behavioral Sciences. Throughout her distinguished career, she has been a guest speaker at prestigious institutions such as UCLA and Pepperdine, as well as Las Encinas Hospital and various international locations. Her expertise has also led her to be a repeat guest on numerous radio and television programs, where she shares her insights on mental health and wellness. In addition to her therapeutic work, Arolyn is a published poet, using her creative talents to connect with clients on a deeper level.

Arolyn's counseling style is characterized by warmth, empathy, and humor. Combining solution-focused and cognitive behavioral techniques, she provides her clients with practical tools and supportive homework assignments, all while fostering an environment of genuine understanding. She is certified in Hypnotherapy as well as EMDR and evidence based modality for treating trauma & PTSD. Arolyn believes that everyone has the power to change and grow when provided with a safe and accepting space. In 2002, she founded the A Treatment Center in Pasadena, driven by her mission to help clients discover their best selves. In 2017, she opened her Newport Beach office to extend her reach and assist more individuals on their journey to emotional health.

Recognized for her contributions to the field, Arolyn was honored with the Cornelia Funke Award for Exceptional Social Work in 2014. Her extensive background includes 15 years at LA County Children Services, where she worked directly with child abuse cases and served as a Children's Service Administrator, overseeing mental health services for child welfare.

Arolyn specializes in trauma, anxiety, phobias, and chronic pain management, employing advanced therapeutic techniques such as EMDR and hypnotherapy. She has gained a reputation for her work with professional athletes, helping them overcome performance anxiety, commonly referred to as "the Yips," allowing them to return to their sports, achieve professional contracts, and even secure Olympic medals.

Additionally, she is a trained level 3 Gottman therapist, focusing on relationship issues, marital conflicts, and divorce recovery. She is also an experienced facilitator of domestic violence groups, providing critical support to both survivors and perpetrators.

Arolyn's therapeutic philosophy emphasizes the importance of the client-therapist connection, viewing psychotherapy as a collaborative effort. She integrates a holistic approach to therapy that balances body, mind, soul, and spirit, often incorporating sensory elements such as lights, colors, scents and sounds to enhance the therapeutic experience.

Throughout her career, she has been dedicated to helping clients find relief from trauma, reduce anxiety, and improve their quality of life. Her work has extended to assisting survivors of Hurricane Katrina and the Route 91 Las Vegas shooting, as well as supporting first responders in Pasadena.

As her practice continues to grow, Arolyn remains committed to her mission of empowering individuals to find joy and fulfillment in their lives. With the combination of her extensive experience and compassionate approach, Arolyn Burns is poised to make an even greater impact on the mental health

landscape in California.

Learn More about Arolyn Burns:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83473648-Arolyn-Burns-Psychologist> or through The A Treatment Center, <https://www.theatreatment.com/about-arolyn-burns/>

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Source : Dr. Arolyn Burns

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