

Struggling with Life Transitions and Anxiety? *Help is Available*

BY REGINA MOLARO-FISH

Just one conversation can offer you the comfort of a space to ease your mind, heal, and grow. Reach out (732) 533-3764.

If you or your loved one is struggling with grief, loss, or anxiety triggered by life events, help is available.



Red Bank's Shanley O'Keefe Therapy is helmed by certified psychotherapist Shanley O'Keefe, who specializes in EMDR (Eye Movement Desensitization and Reprocessing) and high-functioning anxiety related to life transitions. Shanley works one-on-one with adults in her Red Bank office. She also works remotely with individuals throughout New Jersey.

Early losses—including the death of a primary caregiver and family members to suicide and addiction—sparked Shanley's lifelong focus on experiential healing and her use of writing as a coping tool. Recognizing her own struggles with alcohol in her 20s, she became sober, deepening her faith and shaping her worldview. A licensed therapist in private practice, Shanley brings compassion and insight to her work with clients facing grief and major life transitions, inspired by her mentoring relationship with her uncle, a bereavement minister.

Shanley's approach to healing blends Cognitive Behavioral Therapy (CBT) and EMDR with somatic work and nervous system regulation, enabling healing from the inside out.

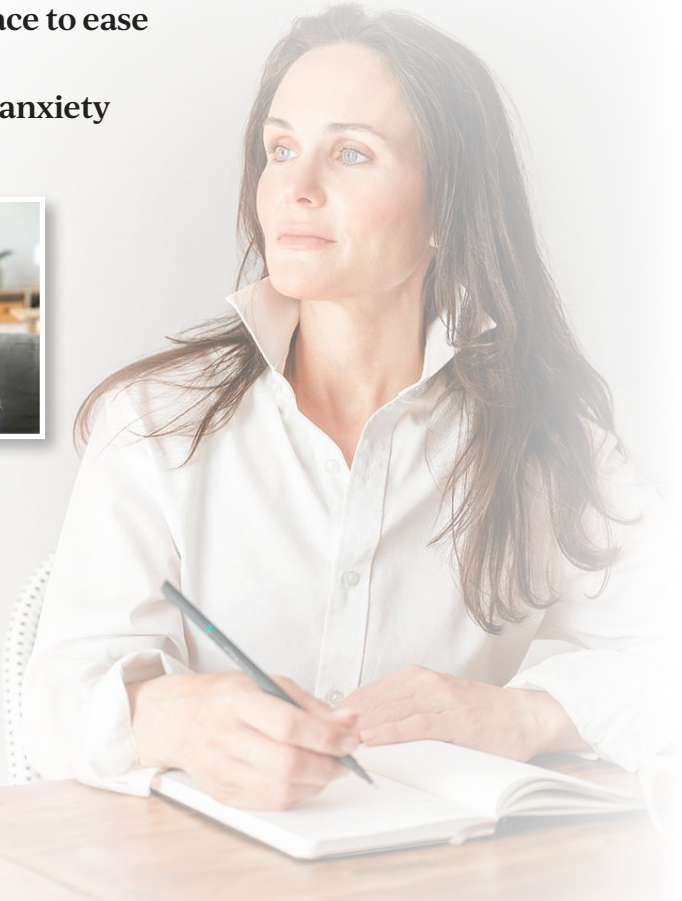


PHOTO BY EMILY BILLINGTON, LOCAL PHOTOGRAPHER

PSYCHOTHERAPIST | HIGH FUNCTIONING ANXIETY | EMDR | LIFE TRANSITIONS

THERAPY THAT WORKS WITH YOUR MIND AND YOUR BODY

*You're doing everything right — and still feel like something's off.
Let's change that.*



Heal, EXPAND, Shine



Anxiety & EMDR Therapist



Spiritual Lifestyle Curator

SHANLEY O'KEEFE

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My work is rooted in the belief that our capacity to love others cannot exceed our capacity to love ourselves.