

Lexi Heringer Wimmer, MA, LPC, LAC, NCC, ACS

!"#\$%&'()*+,-./:0123456.73(

!"#\$%&'()*

* (

94-: +1; <=(6>(? 61<@+14(A6*61B76(D1++*+=C(AE((

+ , "-*\$./0123.4*! 5/6789.0*705*: / ;24<919.0* %"8' (

AFAGHI(F551+7-<+7(I16J1B0(F4<-5-KB<+7(

! "#\$%&' () *+ "%L(FKK*+7(M<B<-; <-5;(B47(G+; +B15@(N+<@67;((

, - . /&0*(I%2&l(I*B=(O@+1BK=((

3%" . "024(! *002%\$&\$*" +L(A634; +* -4J(; <37+4<; P(+, K+1-+45+(6>((

1+*-J-63; 0; K-1-<3B*(1B4; <-64; L(F4B11B<- : +(-4R3-1=(((

((

S+4 : +1(M+ 0 -4B1=C(S+4 : +1(AE((

= %-* \$3909673* = 20873* > 2738 , *\$. / 012390?* %"8' (

AFAGHI(F551+7-<+7(I16J1B0((

5/20*0L(O@+(T4<+1B5<-64(6>>B5+#<6#>B5+(B47(560K3<+1(O+7-B<+7((

560 034-5B<-64(; <=*+; (/ -<@(; +*#; ; <+ + 0C(; +*#7-; 5*6; 31+(B47(-4<16: +1; -64((

64(<+B5@+1#; <37+4<(-4<+1B5<-64;((

((

N-44+; 6<B(M<B<+(94- : +1; <=(N661@+B7C(N661@+B7C(N ?((

@%-*+1A6 , .3. ?A* %"88(

94- : +1; <=(U6461; (I16J1B0((

((

B'\$!) : #C! *%) '\$! C&'D' \$%&' () : * (

((

V-5+4; +7(I16>; ; -64B*(A634; +*61(-4(A6*61B76(WX8!!Y%Z(%"8Y(

V-5+4; +7(F77-5<-64; (A634; +*61(-4(

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!"!#\$%"#&'"\$()*+,-./-0 0+1 2 3456.+73(

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!"!#\$% "#&' "\$()*+,-./ :0 0+1 2 3456.+73(

H, 5+*; -610(F3161BC(AE(

\$3909673* : / ; 24<91.4*

- I16: -7+7(B70 -4- ;<1B<- : +(B47(5*-4-5B*(;3K+1 :- ; -64(<6(*-5+4;31+(
5B47-7B<+(5634;+*61(
- A64735<+7(/ ++ [*=(-47- : -73B*(;3K+1 :- ; -640(5B;+(1+ : -+ / 0(B47(
K165+; ;+7(5634;+*61(7+ : +*6K0 +4<(
- A64 : +=+7(-47- : -73B*-h+7(>+7\B5 [(B47(+ : B*3B<-64(1+*B<-4J<6(
5634;+*61(; [-** (B47(7+ : +*6K0 +4<(

(
S+5(% "8Y(c(
E5<(% "8\$(

\$B') '\$%B*!F+!C'!) \$!*

*

(
(

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!"!#\$%"#&'"\$()*+,-./-0 0+1 2 3456.+73(

-
- A64735<+7(J163K(<@+1BK=(1+*B<-4J(<6(<6K-5;(6>(S j O(; [-**;(B47((K;=5@6+735B<-64((
 -] 61[+7(/ -<@(5*-4P;(-4<+17-;5-K*-4B1=(<+B 0 ;(<6(56617-4B<+(BKK16K1-B<+((5B1+(B47(B><+15B1+((
 - I16:-7+7(5*-4-5B*(7653 0 +4<B<-64((/ 61[-4J(/ -<@(-4;31B45+(56 0 KB4+;;((>61(3<*-hB<-64(1+:-+ / ;((
- ((
- H,5+*;-610(F3161B0(AE((
- %5 J 9119. 01*+4. ?47 J * = 707?24*** FK1(% "8d(c((
- j +JB4(B;(F7 0 -;;-64;(O@+1BK-;<(K1-61(<6(B7: B45+ 0 +4<(E5<(% "8\$((
 - E :+1;B / (B7 0 -;;-64;(>61+5B;<;(B516;;(B**(K16J1B 0 ;(B47(0 B4BJ+7((+, +53<-64(6>(7+KB1< 0 +4<(J6B*;((
 - bB5-*<B<+7(5*-4-5B*(B47(B7 0 -4-;<1B<-: +(;3K+1: -;-64(B47(6: +1;B / ((+0 K*6=++(7+: +*6K 0 +4<((
 - A3*-<: B<+7(B47(0 B-4<B-4+7(1+*B<-64;@-K;(/ -<@(56 0 0 34-<=(KB1<4+1;((-45*37-4J(@6;K-<B*;(0(3 0 B4(;+1:-5+(BJ+45-+;;(B47(-4;31B45+(BJ+45-+;;((
 - F ;;;+;+7(1+>+11B*;(>61(5*-4-5B*(BKK16K1-B<+4+;;(>61(B**(K16J1B 0 ;((-45*37-4J(1+;-7+4<-B*(51-;-;(;<B\-*<-hB<-640(B47(56 0 0 34-<=#\B;+7((

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!"!#\$%"#&'"\$()*+,-./:0123456.73(

T9J J24-BU*>U(i (N5k4-J@<(A.(V = 70/1649;8*90*+42;74789.0W.(A@B6<-5(D16 / <@L(F4(-4<+14B<-64B*(T47-B4(<37+4P;(+,K+1-+45+(6><1B4;>610B<-64(731-4J(-4<+14;@-K.(

(

T9J J24-BU*>U(i (N5k4-J@<(A.(V = 70/1649;8*90*+42;74789.0W

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!"!#\$%"#&'"\$()*+,-./:0 0+1 2 3456.+73(

N5k4-J@<(A.C(T9J J24*BU*>(WE5<6\+1(% "%8Z.(F*#&%*":0(. "0\$\$%&: - &\$*#(7%"D\$/(*+(+";*#2(

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!"!#\$%"#&'"\$()*+,-./:0123456.+73(

- O1B4;51-\+7(-4<+1:-+ / ;(B47(567+7(<1B4;51-K<;(3<*-h-4J(J16347+7(<@+61=(

\$ (= = #) ' & Y * (# & C ! % \$ > * Q * : ! C R ' \$! * (

(
 (
 IB1 [: -+ / (A64J1+JB<-64B*(A@315@C(F3161BC(AE(
 +718.4*+7491, *C23789.01*\$.Z\$, 794* NB=(% "8&(c(

- F4(B5<-: +(0+0 \+1(K1-61(<6(<B [-4J(64(K6; <-64(6>(56#5@B-1(-4(% "%% ^ (I1+;+4<(/ 61 [-4J(<6(+4@B45+(KB;<61B*(B47(KB1-; @-64+1(1+*B<-64; @-K; (-4(<@+(5@315@(560 0 34-<=(
- A64>-7+4<-B**=(K16:-7+(0+7-B<-64(B47(564>*5<(1+; 6*3<-64(\+< / ++4((KB1-; @-64+1; (B47(KB;<61; (
- F7: 65B<+(>61(KB;<61B*(; +>#5B1+(B47(\ 6347B1-+; C(@+*K-4J(<6((B7: B45+(<@+(KB;<61P; (K16>+; ; -64B*(J16 / <@ (
- F; (56#5@B-1C(K16:-7+(<1B-4-4J(<6(0+0 \+1; (1+JB17-4J((560 0 34-5B<-64(; [-**; (B47(0+7-B<-64(

(
 94-: +1; <-=(6>(? 61<@+14(A6*61B76C(D1+++*=C(AE(
 D76/38A*: 2746, *&27 J* = 2 J [24* NB=(% "%8(c(

- M<37+4<(0+0 \+1(1+K1+; +4<-4J(AHM(>61(>B53*=<(0+0 \+1(; +B15@ (NB=(% "%(<+B0C(0++<-4J(1+J3*B1*=(/ -<@(<+B0(0+0 \+1; (
-] 61 [+7(/ -<@(; +B15@(<+B0(<6(51+B<+(K6; <-4J(1+R3-1+0+4<; (B47((;51++4-4J(51-<+1-B(>61(5B47-7B<; (
- A64735<+7(-4-<-B*(; 51++4-4J; (6>(5B47-7B<; C(KB1<-5-KB<+7(-4(K@64+((-4<+1:-+ / ; (B47(>-4B*(-4<+1:-+ / ; (>61(5B47-7B<; (
- IB1<-5-KB<+7(-4(@6; <-4J(-4#K+1; 64(-4<+1:-+ / (>61(>-4B*(5B47-7B<; ((-45*37-4J(K16:-7-4J(5B0K3; (<631; (B47(@6; <-4J(<+B5@-4J(B47(1+; +B15@(<B* [; (

(
 94-: +1; <-=(6>(? 61<@+14(A6*61B76C(D1+++*=C(AE(
 &, 247; 2/896* = 208.4* F3J(% "8a(c(

- IB-1+7(64+#64#64+(/ -<@ (B(=63<@(>160 (*65B*(560 0 34-<=(1+>+11+7((S+5(% "8a(>160(560 0 34-<=(KB1<4+1; (<6(JB-4(K16; 65-B*(; [-**;(
- j 3-*<(-4<+1K+1; 64B*(1+*B<-64; @-K(/ -<@ (0+4<++(B47(6<@+1(0+4<++((KB1<-5-KB4<; C(0 67+*-4J(BKK16K1-B<+(1+*B<-64; @-K(; [-**;(

(
 94-: +1; <-=(6>(? 61<@+14(A6*61B76C(D1+++*=C(AE(
 ". 68.473* = 208.4* F3J(% "%(c(

- bB5-*<-B<+7(\=(AMT(<6(KB-1(765<61B*(; <37+4<(/ -<@(-4560-4J(0+0 \+1(((NB=(% "%8(6>(765<61B*(56@61<(
- I16:-7+7(0+4<++(/ -<@(-4>610B<-64(1+JB17-4J(<@+(K16J1B0C((1+; 6315+; (>61(4+ , <(; <+K; C(B47(-4<+1K+1; 64B*(5644+5<-64; (/ -<@ (>B53*=<(B47(K++1; (

+C(D!:::'()%B* = ! = @ ! C : > ' + : * (

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