

## What Clients Are Saying...

*The best part of my week is sitting here talking to you...*

*I have hope like I've never had hope before, in ALL areas of my life!*

*You need to create a "LightHeart-Pocket" – something I can just take out of my pocket and guide me with your wisdom.*

*I cannot tell you how much you have helped my family. You are brilliant!*

*I can't say thank you enough for your wisdom. It has really made a difference.*

*I am enjoying myself so much more since I've been seeing you. I'm so much more calm and peaceful. What used to cause me anxiety no longer does.*

*What has happened to me is remarkable!*

*I have seen many therapists since childhood. No one has helped me as The LightHeart Institute has. You are one in a million.*

*I used to believe that I was flawed, undeserving and unlovable. Now I can barely remember actually felling that way.*

*After so many other efforts of therapy have failed, The LightHeart Institute restored my ability to see a different path, to be thankful for the many gifts in my life and to smile at each new day. Thank you for helping me see another way...*

For more testimonials please visit  
[www.LightHeart.com](http://www.LightHeart.com)

*To be nobody but yourself in a world which is doing its best day and night to make you somebody else means to fight the hardest battle you've ever fought and never stop fighting.  
- e.e. cummings*

21 Prince Street  
Rochester, New York 14607

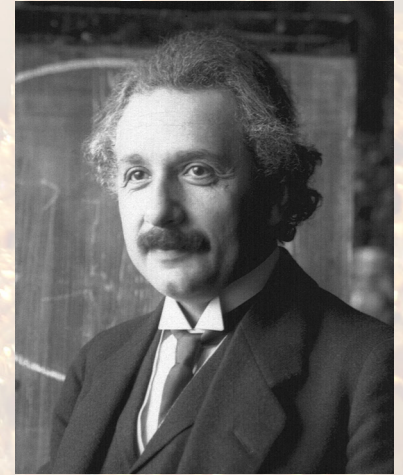
## The Center for HOLISTIC PSYCHOTHERAPY at The LightHeart Institute



Rochester, New York 14607

585.288.6160

[www.LightHeart.com](http://www.LightHeart.com)



*The significant problems we face  
cannot be resolved  
at the same level of thinking we were at  
when we created them.*

*- Albert Einstein*



# *LightHeart comes from the belief that in every heart there is light...*

## **HOLISTIC PSYCHOTHERAPY**

is a relationship of trust between you and a counselor that takes place in a warm, safe and confidential environment. By integrating scientifically proven mind-body approaches with positive psychology we help you resolve “missing pieces” from childhood, heal emotional wounds and thrive in your current life. More than this and just as important, we help you identify and fulfill your dreams.

You may have heard the saying, “The truth shall set you free, but first it will make you miserable.” Sometimes this is true, but the other option of holding on to pain and not releasing it, only serves to block and encumber life’s journey. Pain is never the end of the story. It is just a part of the process.

Healing, the permanent resolution of pain, is always possible.

Clients come to The Center for Holistic Psychotherapy for a number of reasons. Some seek immediate relief from a stressful situation. Others wish to address a more deep-seeded source of hurt. And still others simply desire personal growth, more self-confidence and peace of mind.

Some of the common issues that bring people to our door are relationship concerns, marriage counseling, addiction, co-dependency, self-esteem, parenting, childhood physical or emotional abuse or neglect, sexual abuse, anxiety, depression, career transition, issues of courage and spiritual growth.

## **SERVICES:**

- Individual Counseling
- Marriage and Relationship Counseling
- Addiction Counseling (addressing the emotional and biochemical elements of addiction)
- Guided Imagery

*It has been said that in every community there is work to be done, in every nation there are wounds to heal and in every heart there is the power to do it.*

*I have known Lisa Hill DiFusco for twenty-five years and encouraged her to start The LightHeart Institute. LightHeart and the work it does, whether empowering individuals to fill their shoes, or empowering executives to champion their organization’s excellence, is a testimony to their energy, wisdom and experience, and the power of the mind, body and spirit.*

*It is no accident that many institutions are named sacred heart but none are named sacred head or brain. I have learned that when your heart makes up your mind you heal your life and benefit your body’s state of health. You also help to heal the world.*

Bernie Siegel MD



## **THE LIGHTHEART INSTITUTE**

is Rochester’s leading resource for hope, health, healing and vitality and has been effectively guiding client journeys for 26 years. Its programs and services are directed by the Founder and President, Lisa Hill DiFusco, and are designed to inspire, uplift and elevate, teaching clients how to thrive, and live empowered and fulfilled lives.



The Center for Holistic Psychotherapy at The LightHeart Institute is located at 21 Prince Street in the heart of Rochester’s Neighborhood of the Arts. Steeped in early Rochester history, the Center is housed in a meticulously restored mansion constructed in the early 1900s which fittingly, was once the first administration building for the University of Rochester.

To schedule an appointment or for further information about services at The Center for Holistic Psychotherapy, please call

585.288.6160

or email [Info@LightHeart.com](mailto:Info@LightHeart.com)

[www.LightHeart.com](http://www.LightHeart.com)

