

Shelly Silverberg, CAP is a counselor and certified TRE practitioner in St. Petersburg, Florida. A native of Belleville, Illinois, she received her undergraduate degree from the University of Iowa. She continued her education at St. Petersburg College and is licensed by the state of Florida and internationally as a Certified Addictions Professional. She is the mother of two grown children and is active in yoga and triathlons. She is a musician and an accomplished artist, builder and landscaper. In her practice, she uses humor, sensitivity and empathy in helping clients meet their individual needs. Her own experience with TRE made her appreciate how much it can help anyone – not just those with addictions – overcome all kinds of trauma and engage more fully in life.

-- "I never give up on an individual. I understand that every person takes a different road and travels at a different pace. My job is to find what works best."