

# Most Dedicated Trauma Therapy Provider 2023 - West Coast USA

**With more than 30 years' worth of experience behind her, Laihin J Cheung is a renowned and much-respected therapist specialising in behavioural issues and PTSD trauma. We find out more from Laihin about her approach, as well as her new treatment method, which has recently gained her notable success in the Healthcare and Pharmaceutical Awards 2023.**

Laihin J Cheung, LCSW is a solo practitioner in behavioural healthcare services based in Sunnyvale, California.

Having received her Clinical Social Worker license in 1989, Laihin has practised psychotherapy and consultation ever since, providing a wide range of behavioural healthcare services to children, adolescents, young adults, and seniors from all ethnical groups, with eclectic approaches, not just limited to talk therapy.

"I have expertise in providing short-term solution-focused, problem solving, skills building, cognitive behavioural therapy to people who suffer from mental health issues," Laihin explains. "Since I speak Cantonese, Mandarin, and Japanese, I see multi-ethnic groups who have difficulties with ethnical cultural adjustment problems, depression, anxiety, panic attacks, trauma, and PTSD, in addition to treating self-esteem issues, family problems, and some addictive behaviours too."

Not simply a therapist, Laihin is also a trained life coach and her focus in therapy is to help her clients bring back balance in their lives and to move onto a higher level of functioning. As an excellent listener, Laihin is skilled in listening to clients' concerns, pains, and hurts, and is always able to give them the feedback or responses needed to navigate them out of their situations, using a holistic approach, which incorporates diet, nutrition, and social life in therapy and life coaching sessions.

As Laihin has become a more experienced and seasoned therapist, she has realised that most of the behavioural healthcare problems are trauma-based, which is something everyone experiences on some scale at some point in their lives. As a therapist, Laihin applies different approaches to alleviate mental health issues and it was through research that she discovered a new approach entirely.

"One day, there was a crisis during a session that challenged me and I had to contain it," she begins. "The compulsion to take charge triggered my instincts, clinical reactions, and spiritual wisdom. A new idea popped into my mind and I tried a new clinical strategy. It worked. I was amazed!"

Further investigation and research on this strategy convinced Laihin that this new technique effectively removed PTSD, and so she developed Laihin's Trauma Cleansing Therapy, a treatment intervention built upon a combination of behavioural health theories and the energy psychology. This new treatment takes anywhere from one to three sessions to remove a single trauma episode and clients have reported feeling instant relief from the trauma, with the memory not bothering them anymore. In fact, the treatment outcome speeds up the entire recovery process and a transformation of personality is soon noticeable.

"This therapy has propelled me to believe that almost all depression, anxiety, low self-esteem, alcohol, and substance abuse issues



are trauma-related disorders," Laihin states. "The removal of the energy around the trauma sets the mind, emotions, and body free."

Overall, better quality of sleep has been reported by almost all members who had gone through Laihin's Trauma Cleansing Therapy treatment. It was also noticed that one client has reported seeing a steady increase in HRV (heart rate variability) during the course of therapy, and some research has shown an association between HRV and PTSD, with PTSD specifically linked to low HRV. For her dedication and compassionate approach, as well as her pioneering strategies in treating certain issues, Laihin was recently recognised in the Healthcare and Pharmaceutical Awards 2023 and named Most Dedicated Trauma Therapy Provider 2023 - West Coast USA.

With a bright future ahead, Laihin tells us that she has been busier than ever as her new treatment and its associated outcomes are slowly being recognised. In 2024, she has plans to continue to treat PTSD survivors, as well as undertake more research regarding the link between HRV and PTSD, and lastly, to provide workshop training session too.

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