

Awareness. Self-Compassion. Transformation.

*"My clients become more aware of themselves and their habitual ways of thinking, feeling and behaving. They also learn how to bring compassion to their pain and distress..."*

*"That increased awareness and compassion enables them to step out of their reactive patterns and make more conscious choices."*

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EMDR LEVEL I AND LEVEL II

I welcome new clients and referrals.

To learn more, please visit [www.ssporer.com](http://www.ssporer.com),  
telephone (303) 402-1405 or email me at  
[sally@ssporer.com](mailto:sally@ssporer.com).



**Sally A. Sporer, Doctor of Psychology,**  
**has opened a private psychotherapy practice in Boulder.**

My work focuses on adults interested in long-term well-being and specializes in helping clients move through depression and transform stressful life experiences.

I offer my clients a safe, caring partnership centered around an awareness-and compassion-based approach. The therapies I use are rooted in solid scientific research, including EMDR, Positive Psychology and Mindfulness-Based Cognitive Therapy. My goal is to help clients go beyond alleviating their symptoms and achieve a transformation that allows them to live in a more optimal way.

I bring more than 10 years of experience as a Licensed Clinical Psychologist to my practice. I also worked for a decade as a Consulting Psychologist, helping business executives improve their management skills and leadership potential.

In addition to my doctorate from the University of Denver, I hold a master's degree in counseling psychology from Arizona State University and bachelors' degrees in psychology and physical education from the University of Colorado.

