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PETERBOROUGH

Psychologist opens office at the Strand

Antioch grad specializes in working with kids

By **DAVE ANDERSON**

Monadnock Ledger-Transcript

PETERBOROUGH — After spending the last 11 years as a school psychologist at Souhegan High School, Paul Frehner is opening a private practice that he's calling Stillpoint Psychological Services.

"The name comes from my meditation practice," Frehner said at his office in the Strand Building on Route 202 on Friday morning. "Quiet is the place where new solutions can come from. It's not just the body that has healing powers. We have the ability to heal emotionally as well. That's what I'd like to tap into."

A native of Switzerland, Frehner, 57, came to the U.S. to study at Lesley College in Cambridge, Mass., after taking some classes at Lesley's program in Switzerland. He got a master's degree in creative arts therapy at Lesley, then went to Antioch University New England in Keene, where he graduated in 1996 as a doctor of clinical psychology.

From 1996 to 1999, Frehner worked as a staff psychologist at Crotched Mountain Rehabilitation Center in Greenfield and in a group practice at MAPS Counseling Service in Peterborough.

"Working with severely handicapped

kids was very informative," he said of his Crotched Mountain experience. "Many of them had multiple-level handicaps."

From 2000 to 2012, Frehner worked at Souhegan High School, and he said he expects about half of the clients in his new practice to be adolescents.

"I did a lot of work with teens with behavioral problems," he said. "They are puzzling to their caregivers. Teenagers can really use individual therapy; with younger children, I want to be able to work with the whole family."

Frehner said he also specializes in a technique called, Eye Movement Desensitization and Reprocessing, or EMDR, that's used for trauma treatment.

"It's a way to rework traumatic memories," he said. "People try to forget and suppress and it can become like a tumor, something toxic. You help bring them back and visualize the memory, so they can process irrational fears."

The Stillpoint Psychological Services' phone number is 831-6310; the website is stillpoint.us.com.

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Paul Frehner

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