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Statement of Philosophy

Dedicated to helping individuals achieve mental balance, serenity of heart, emotional equilibrium and spiritual awareness, I offer individual and group counseling, spiritual direction, workshops, retreats, seminars and Nia Technique toward these goals. Integrating powerful and complementary healing techniques, these offerings provide real life tools for living happy and productive lives.

Offerings

- * Individual Counseling/Psychotherapy: I assist clients through grief, trauma, abuse, sexual, physical and verbal abuse, depression, anxiety and stress-related somatic conditions utilizing a blend of traditional and alternative therapeutic techniques. Deep relaxation audio CD's are available to enhance and reinforce this work.*
- * EMDR: Eye Movement Desensitization and Reprocessing, also known as Neuro-affective therapy. As a Certified EMDR Therapist, I offer this highly effective approach to therapy, involving mind, body and spirit to relieve the symptoms of PTSD, trauma, depression, anxiety, abuse and grief. The EMDR protocol is powerfully beneficial in enhancing executive performance abilities for business leaders, athletes and artists who are motivated to reach goals beyond their present competency. www.emdria.org.*
- * Nia Technique: Licensed Black Belt Instructor. Body movement focusing on the joy of movement and moving in your own body's unique way. Nia is joy, Nia is life-giving, Nia is healing. The Nia philosophy is "Through movement we find health." Private classes are available. www.nianow.com*
- * Spiritual Direction: Certified through the Order of St. Benedict, I assist clients with their individual spiritual journeys, drawing from the esoteric teachings of all faith traditions, using the client's own experience, dreams and life patterns as guides.*
- * Workshops, Seminars and Retreats: I offer day and half-day workshops specifically addressing coping skills to successfully deal with anxiety, depression and work environment stress. I also offer retreats focusing on sacred psychology, mysticism, meditation practice, dream analysis and the Enneagram.*

Credentials and Affiliations

*Nationally Certified Professional Counselor
State of Montana Licensed Clinical Professional Counselor
State of Arizona Licensed Professional Counselor
Prescott College Graduate Advisor
Member: National Board for Certified Counselors
American Counseling Association
EMDRIA, Certified
The Dr. Phil Resource Network*