

An Awakening Center

Awaken Your True Power
with Helaine Z. Harris, MA, MFT



818.782.6869
800.308.4372
healing@hzharris.com
Psychotherapy
Hypnosis
Meditation
Breath Work
Shamanic Healing
Classes • Private Consultation

P. O. Box 18722, Encino, CA 91316-8722 f: 818.994.9678 www.hzharris.com

Helaine's Group Therapy Intensive

Ongoing Wednesdays, 6:30-9:00PM

Group therapy is defined as a shared therapeutic experience, which includes other participants who are dealing with similar issues. This group will focus on interpersonal relationships and the myriad of emotions that surface from these experiences. Frequently, anxiety and depressive responses are addressed. We will focus on the process of expressing your thoughts, feelings, and experiences in the group with a "here and now" focus, which will assist you in discovering more of who you are and promote beneficial changes. Here you get to explore your healing journey with others who are doing the same, which helps you feel you *are not alone*.

Helaine has chosen the name Group Therapy Intensive because of the in-depth work she does. Some of the therapeutic modalities that may be used are Gestalt, EFT, hypnosis, NLP, role playing, psychodrama, anger release, Reichian, art therapy, and Shamanic processes. If you have not worked with Helaine, an initial meeting is necessary to join the group, to make certain it will be a good fit.

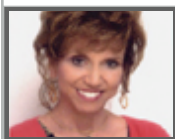
Cost: \$275 paid prior to each 4-week session

Time: Wednesdays 6:30-9:00PM

"Be prepared to dig deep in this class. You'll discover things about yourself you may not want to face, but once you do you'll feel transformed. Most women who are at the "transition" stage are of an age where you have accepted a lot of things about yourself as being "just the way I am." Helaine will shake you from your roots in these points of view. If you want to keep growing and becoming more powerful, take this class!"

- Denice B.

Go to www.HZHarris.com or call (818) 782-6869 to register!



Helaine Z. Harris
MA, MFT
License #MF 15327
#PCE 1397

Helaine Z. Harris has been a Psychotherapist since 1980 and the past Education Director for ACEP (Association for Comprehensive Energy Psychology). Author of award-winning book *Are You In Love with A Vampire? Healing the Relationship Drain Game*. Part of The Red Cross Disaster Mental Health Team and creator of An Awakening Center™ - which blends traditional and alternative psychotherapies, Helaine is dedicated to assisting clients manifest their greatest potential.