

An Awakening Center

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



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Psychotherapy
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Classes • Private Consultation

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A New Way to Treat Anxiety **Saturday, April 16, 2011 - 1:00 to 5:00PM** **California State University, Northridge / 4 CEUs**

Are you tired of feeling anxious?

Do you need more effective methods for working with clients' anxiety?

Are you or your clients struggling with financial worries?

Are you, or clients, having difficulty driving after a car accident?

Have you noticed anxiety and panic attacks on the rise in your practice - or maybe even in your own life? With so many changes going on with our economy, government, and work situations, anxiety and panic attacks are increasing. Learn to help yourself and your clients develop **more effective coping strategies** through Energy Medicine and Energy Psychology, including Emotional Freedom Techniques (EFT) as well as shamanism and **a few surprises**.

Many of the newer energy techniques offer additional ways of assisting clients to recover from anxiety attacks, even in stressful times. These are **simple methods to learn**. come away with **easy to follow useful handouts**. You will be able to apply these methods immediately with yourself and your own clients.

Helaine is an energy master and has learned to use these methods for her own anxiety as well as for her clients. **Bring your issues and your clients issues to class** and learn new ways to heal.

In this class you will:

- * **Learn calming and grounding processes**
- * **Understand** how childhood experiences effect the development of anxiety
- * **Practice a 5-minute daily routine** to balance each one
- * **Experience** using Emotional Freedom Techniques EFT
- * **Leave with a sense of relaxation, calm and peace**

*"Excellent techniques that are useful and deeply healing for me personally and for my clients.
- Sally Jordan Austin*

"The lecture was very beneficial. I learned techniques to relax and how to deal with some unresolved issues. By the end of the workshop, I was very comfortable.. . - Rima Hodals

Course Title & Number: XEDU 959 - 2113-19126
To register: tsengcollege.csun.edu/edpsych.html

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.

Contact us via email!
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To explore more opportunities, visit us at
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