



Counseling and Human Resources Consulting, PC

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TECHNIQUES FOR BETTER LIVING

Thursday evening Women's group for personal growth
7:00 - 8:30 PM
Fee: \$40.00

For 1 ½ hours every Thursday evening, I conduct a workshop for women focused on personal growth. Each evening I employ a creative and engaging technique to help participants focus their thinking, expand their awareness, develop their unique human resources, and enhance their quality of living. This approach is called Psychosynthesis. These techniques include:

DEEP RELAXATION, STRETCHING, EXERCISE, BREATHING TECHNIQUES: to release stress and tension; to become more calm, centered and present at home and work; to open more widely to an experience of love for self, others and the natural world.

REFLECTIVE THINKING, JOURNAL WRITING: to increase the focus, concentration and mental clarity with which sound decisions are made. Writing and journal work in and between sessions are considered essential to the process of problem solving, self-discovery and growth.

VISUALIZATION, MENTAL IMAGERY, HYPNOSIS: to use the imagination to deeply explore issues of concern; to create clear mental pictures of and therefore gain insight about issues, goals and priorities; to perceive reality in creative ways; and to connect to the energies of inspiration and revelation.

SYMBOLIC DRAWING AND MANDALA ART: to capture mental pictures on paper so they can be studied, understood and remembered; to study over time patterns which repeat and need to be addressed or transformed; to enhance creative self-expression and by sharing the art to improve interpersonal communication skills.

ROLE PLAYING, PSYCHODRAMA, MOVEMENT WORK: to become more spontaneous and trust the self in action; to communicate in powerfully non-verbal ways; and to enhance empathy and intuition.

HOMEWORK AND THE DEVELOPMENT OF REALISTIC ACTION PLANS: to fully utilize the insights and inspiration of the counseling and consulting process in grounded and specific ways to deepen levels of awareness, improve patterns of thinking and behaving, and increase personal, professional and spiritual well-being.

A four-week commitment is necessary to stop in and see if this group might be helpful or inspiring for you. Part of the fee might be covered by insurance. Please call to know more.