

CREATIVE TOOLS FOR TAKING CHARGE

A practical approach to managing fear and anxiety



An experiential workshop for HEALTH PROFESSIONALS
to empower clients and patients to increase their own
self-management using creative practices.

Fear and anxiety have reached epidemic proportions in our community. Are you working with clients who experience fear and anxiety? Would you like to help them develop new neural pathways for well-being using right-brain techniques?

In this workshop, you will experience:

- How to step out of fear and create inner safety
- The wisdom of the body, how emotions are held within and how to release them
- The language of the body, often expressed non-verbally
- The intuitive right-side of the brain with the depth of information it reveals, and how it enables healing on many levels
- A deepening of your relationship to the power of embodied empathy
- How to differentiate between the inner voice of the suffering self and the inner voice of the Higher Self

You will learn:

- Techniques and skills designed to support your clients and patients to increase their capacity for self-care and resilience
- How to use creative expression to develop new neural pathways for health and well-being

Facilitators:

Anne Holland and Judy Emma Greenberg
www.psychophonetics.com.au

(see 'practitioners')

Date: 18th - 19th NOVEMBER 2017

Time: 9:30am - 4:00pm

Venue: TREE OF LIFE INTEGRAL CENTRE
3 denmark st, kew vic

Cost: \$500

Early Bird: \$400 (by 1st November 2017)

Enquiries & Registration:

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“Anxiety and fear are common presenting complaints in clinical practice that can pose a significant challenge to the health practitioner.

Whilst traditional therapeutic approaches target symptom reduction through cognitive, behavioural and medication approaches, psychophonetics offers novel, powerful, intuitive and enduring tools for accessing and healing fear by working intelligently within the emotional “body.” Both Judy and Anne bring a wealth of knowledge to this practice modality, operating within a supportive and compassionate space. I would highly recommend this workshop to any practitioner looking to authentically enhance their skill set in this interesting and challenging area”.

Dr Justin Lewis (Consultant Psychiatrist)

Creativity as medicine for the soul