

A Weekend of Release & Renewal: An EMDR & Hypnosis Approach

- *Learn strategies for reducing PTSD, Depression and out-of-control Anxiety
- *Release Painful Relationship Patterns
- *Release emotions related repetitive bad relationships



Experiential Workshop

- ✓ Experience the reduction of out of control emotion
- ✓ Relieve Anxiety or emotional challenges using EMDR
- ✓ Uplift feelings of hopelessness with Hypnosis
- ✓ Use your brain to assist you with new behaviors
- ✓ Experience the benefits of Mindfulness &
- ✓ Demystify Meditation

\$325 Early Bird Rate

\$350 After Jan 15. 1

Credit cards, checks, cash accepted

January 27 & 28, 2018

Lunch Provided

9:00am – 6:00pm

**3207 Mercer
Houston, TX 77027**

- **EMDR** is a technique used exclusively by trained psychotherapists to remove blocks causing intense suffering and promote the natural healing process.
- **Hypnosis** is not mind control. Hypnosis will be used for relaxation & focused attention on your goals. You are always alert, in control, and safe.

Facilitators:

Dee Gardner-Wilson-Gardner, LCSW, LCDC, CSAT, EMDR Psychotherapist
Claudia Autry, Consulting Hypnotist, Reiki, Theta Healer® & Chakra Body Dance Healer

RSVP with Dee (832-489-1998) or Claudia (281-849-5610)