

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

Release the Bonds of Trauma,
Bad Relationships, PTSD,
Depression,
Anxiety



Experiential & Intensive Workshop:

- ✓ Relieve Anxiety using EMDR
- ✓ Experience the benefits of desensitizing your brain to past traumatic memories
- ✓ Uplift feelings of hopelessness with Hypnosis
- ✓ Use your brain as an organ to assist you with new patterns
- ✓ Discover the benefits of Mindfulness & Demystify Meditation

\$295 Early Bird Rate

\$325 After July 1

Credit cards, checks, cash accepted

Lunch Provided

July 15 & 16, 2017

9:00am – 3:00pm

3207 Mercer

Houston, TX 77027

- Eye Movement Desensitization Reprogramming (EMDR) is a technique used exclusively by trained psychotherapists to remove blocks causing intense suffering and re-activate the natural healing process.
- Hypnosis is ***not mind control***. It is a safe tool for relaxation & focused attention on your goals. You are always alert & in control.

Facilitated By: Dee Gardner-Wilson, LMSW, LCDC, CSAT, EMDR-II

Claudia Autry, Consulting Hypnotist, Reiki, Theta Healer® & Chakra Body Dance Healer