

Hypnotherapy and Writing: Writing as a Coping Mechanism for Feelings of "Not Good Enough"

July 19
9:00-12:15

@Life Cycles Counseling
8100 Three Chopt Rd. Ste. 122
Richmond VA 23229
adinasilvestri.com

Presented by: **Adina Silvestri, Ed.D., LPC**

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NBCC
HOURS

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Summary

There are times when we feel inadequate about something in our lives. But for many people, that feeling goes deeper-it's woven into their personal fabric. Worthlessness defines who they are and how they think others see them. And without help, these individuals become trapped in a cycle of self-doubt and self-judgment that blocks them from living a fulfilling life. In Hypnotherapy, you are going into the memories where these first self-judgements were made. And in a safe environment, you can start to change these memories, real time. The timed writing prompts will aid in alchemizing the pain into hope and healing.

\$50

Early
Registration

\$60

After
July 9th

Learning Objectives

- Participants will be able to identify when they become trapped in a cycle of self-doubt and self-judgment.
- Participants will be able to state: what is hypnotherapy.
- Participants will be able to learn who is right for hypnotherapy.
- Participants will be able to identify three ways to increase the mind/body connection.
- Participants will gain knowledge of self-hypnosis through experiential activity.
- Participants will gain knowledge of how to integrate hypnotherapy via timed writing prompts.



FOR MORE INFORMATION, CONTACT: Kelley Eason · 804-533-0538 · kelley.eason@farleycenter.com



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