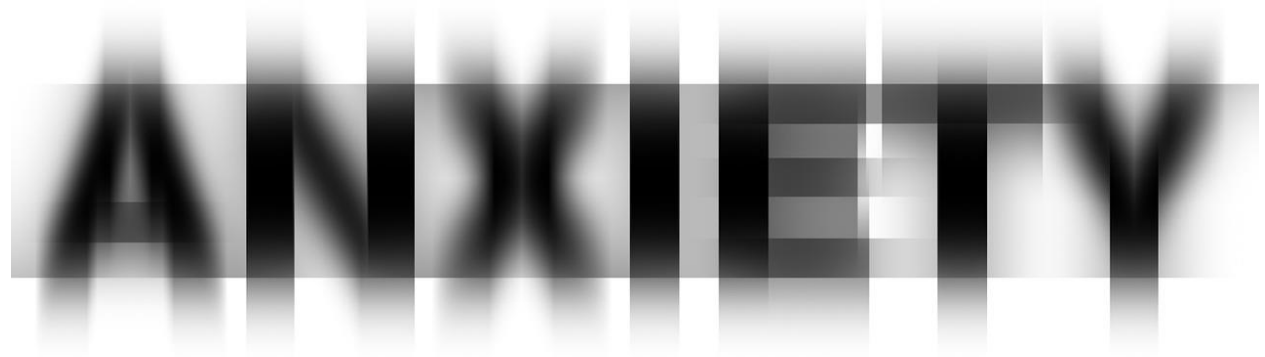


Anxiety / Stress / Panic Strategies

Timespan: 1.5 hour

Cost: \$550



The autonomic nervous system can be down regulated with effort. The client is taught to ground through Mindfulness, and restorative relaxation techniques. Helping clients to remain present, helps clients become empowered. This takes about six sessions and is measured for success.

THIS CLASS IS VIRTUAL; HOWEVER, IF THE NEED ARISES TO MOVE INTO THERAPY, IN PERSON SESSIONS ARE AVAILABLE.