This quote from one of my instructors was part of the motivation to put this together.   A new group approach   ………..

Perspectives for Living…..Better!

What is it?
A small group program using the tools from CBT (Cognitive Behavior Therapy), Positive Psychology, Hypnosis, and guided meditation.

What is it about?
·   This is a two-hour, in person class.
·   Positive Psychology Exercises for clients to work through for personal reflection / discovery.
·   CBT based talks for education & understanding,
·   Guided meditation/hypnosis to nurture a practice of connecting to the self at levels that will help create the change they want.
·   Relaxation for calming the mind and body.
·   Building skills to empower the individual in their life.

Who is this for?
·   Clients who have completed some sessions and want to continue with next steps.
·   Anyone curious about CBT, meditation, hypnosis.
·   Anyone looking for something for support but not feeling the need for lengthy therapy.
·   Anyone wanting to feel lighter, happier, more at ease and feeling balanced in their mind and body and looking for some support, tools and learning to help them have that.

   OR   _____insert your reason here 😉

Ideally, in one-on-one sessions, clients achieve better outcomes when they commit to several sessions. The same is true with these classes. Honestly, I would love to have people attend every class, each one focused on a theme for every month of the year. Each class will offer another tool that will build on previous class themes. This will give clients more tools in their toolbox that will contribute to building the foundation of their own life. The other option is ' a la carte'. Pick a class that has a description that holds meaning for you.

No worries! This is not a "sharing personal stuff" format.   This is

an opportunity that clients will have time and space- away from all the distractions that we all have in our everyday life --to focus on what is important to them. Within the privacy of their own mind. Each person is unique and has unique needs and respecting the right to privacy and personal time for reflection and being there for their own understanding, is the format for this experience.

Using the metaphor from Positive Psychology, I cannot build your boat, but I can work with you to develop skills and get the tools to become a confident and capable captain of your own ship. To take steps to create the change in your life, to simply change perspective by a few degrees, to take you where you want to be, and to feel more positive about it.

MORE INFO HERE:
I invite you to join the email list on the website to receive info on upcoming classes and occasional newsletters. BONUS!! If you sign up on my website with Mailchimp you will get a welcome letter with a $20 coupon to use on your class.

LOCATION: Boardroom across the hall from my office is booked for classes through March 2024. Each class will have a new theme and new material for you to build your toolbox.

Each class is limited to 10-12 participants. Price is $75.00
 I expect they will fill up. If interested in one or more dates, please email me at hypnosisreddeer@gmail.com with your name and contact information.
When I have an indication of the number of participants, I will contact you the week of the 22nd to finalize arrangements.
Thank you so much for visiting my website! I look forward to helping you make 2024 a great year!

Margo Staniforth

Diploma Cognitive Behavior Therapy

OMNI Hypnosis/Certified Clinical Hypnotherapist/Regression PLR/ Medical Hypnotherapy/Positive Psychology/Meditation &Mindfulness Instructor

ICBCH Certified: Quit Success Tobacco Cessation and Fit Success Weight Management