

Mp3 Debra A. Littrell, Lmhc, Lmft - Somatic Resourcing 1, Know Thy Self, Mindfulness & Support Exercises

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These guided exercises, with spiritually inspired harp music, support you in developing a daily practice in mindfulness and self soothing, allowing you to connect to self, to fully be present in every moment, to take a break from the chaos of life. 6 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details:

Debra A. Littrell, LMFT, LMHC is a mental health professional who has training and experience in a variety of body centered, experiential forms of psychotherapy including The Hakomi Method and The Foundation Training of the Bodydynamic Program.. She specializes in the treatment of both recent and historic trauma and developing resources somatically. Because she sees so many clients with emotional, psychological, mental, spiritual and physical problems caused by chronic stress, she spends a lot of time helping people develop self awareness and self soothing skills. She has been an EMDR practitioner since 1991. She has been on staff with the EMDR Institute, Inc. as a Facilitator since 1995. She has practiced in a variety of settings since 1977. She is currently in private practice in Bellevue, Washington and works with adults and adolescents. She provides crisis intervention services for Emergency Service Personnel and is a consultant for Auburn Police Department's Peer Support Team. Sharon Shepard provided the background harp music. She has surrendered and dedicated herself to the pure guidance of Spirit for over 10 years. She is an ordained minister of the Universal of Life Church and a musician for Mission, Music and Healing. She has the ability to call forth the Angelic Universal tones thru her harp. Her understanding of the physical body thru her medical background in conjunction with her spiritual wisdom, creates a unique and powerful ability to realign and harmonize the physical, mental, emotional, empathetic and spiritual bodies, establishing the foundation for physical re-patterning and rejuvenation. As an inspirational harpist she specializes in meditation circles, and ceremony as well as background music for gatherings of joy and celebration. She can be reached at: 425-771-0654 or shepardsong@earthlink.net. This CD provides people support in their daily lives to remember to connect to who they really are, to fully be present in life, to take a break from the chaos in daily life and stay grounded in themselves. Mindfulness Simple, allows those that are beginning to focus on one aspect of

awareness at a time. Mindfulness Integrative, allows the listener to begin to track how physical sensations, emotions and thinking patterns are interacting. Support in the Chair can be helpful to those who don't feel supported in their lives and for those who just want to take a relaxing break in their day. As a Body Centered Psychotherapist I have used these tools in my office for years. Often my clients were unable to sustain practice of somatic resourcing activities on their own. This CD provides people with a guided tool to practice these exercises in their daily lives. These tools can also be helpful to people that are not in psychotherapy but are trying to increase their Self awareness and practice self soothing techniques.

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