

Mp3 "relax, Listen, Change!" Llc - Let Your Garden Grow!

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This self-hypnosis technique works. Relaxation, soothing music and metaphor help you get rid of anger, frustration and disappointment so that you can GROW YOUR GOOD THOUGHTS AND EMOTIONS. 1 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Instructional Details: Professional Information about MaryAnn Kildebeck, LCSW, CCBH MaryAnn has been a psychotherapist for 10 years, providing therapy for adolescents and adults as a licensed psychotherapist. Formerly a teacher working with preschool children and high school youth, she chose psychotherapy as a second profession. After 8 years of providing cognitive behavioral therapy to her patients, MaryAnn became certified by the American Society of Clinical Hypnosis. This elite society only admits members that are masters level therapists, psychologists, psychiatrists, dentists and nurses. Her training in relaxation therapy and hypnosis has been excellent, and she is excited to share her skills with others. She has found relaxation therapy, guided imagery and hypnosis to be helpful in working with patients with anxiety, depression and issues surrounding forgiveness and positive thinking. MaryAnn and Jodi Hassler, LPC, RPT, have collaborated to create recordings that are professional, therapeutic and also relaxing. Enjoy several recordings created by MaryAnn and Jodi that are designed to enhance your life, help adults and children with stresses of divorce, and blending families.

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