

ALTERNATIVE THERAPY

Alternative therapy is used for:

Reducing pain (neck, shoulder, back, knee...) • migraines • chronic pain • depressions • reducing stress • Improving concentration • fear of public speaking • gaining confidence • trauma relief • phobias • compulsions • fears • anxiety and much more

Methods:

- **CRANIOSACRAL THERAPY/BODYWORK**
(Placing hands on the patient, which allows me to "tune into the craniosacral rhythm")
- **THOUGHT FIELD THERAPY**
(Taping method for elimination of fears, anxiety, phobias & compulsions)
- **REIKI**
(Japanese technique – using the life force energy)
- **SOUND BOWL THERAPY**
(Vibrational sound helps reducing stress and creates a deep sense of peace)
- **QUANTUM TOUCH**
(Energy healing by various breathing and energy awareness exercises)

All therapy sessions are performed with the client fully clothed lying on a therapy bed.

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