

Potential Benefits of a Session

- Relaxation
- Stress Reduction
- Faster Recovery from Surgery, Illness or Injury
- Pain Management
- Enhancing Immunity
- Aids in Healing of Chronic Conditions



Many people who have experienced Energy Therapy report:

- Better sleep
- Feeling more positive, relaxed, and peaceful
- Reduced anxiety
- Improvement of symptoms
- Feeling an increase of energy



Behavioral Health Programs
2800 S. Shepherd Road
Mt. Pleasant, MI 48858

Office (989) 775-4850
Fax (989) 775-4195

Energy Therapy



“Each one of us has the ability to heal ourselves – and others. That gift can be awakened and used to transform our lives into something remarkable”

-Healing in America



What is Energy Therapy?

Energy Therapy is the act of restoring balance and harmony to the body, mind, spirit, and emotion

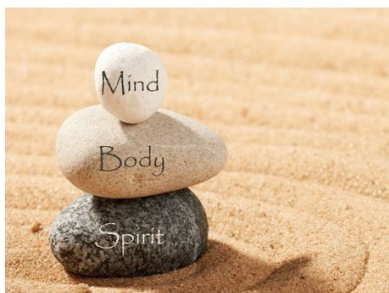
It is a therapeutic approach which is natural, non-invasive, and holistic

The intention is to promote self-healing, and bring about a sense of well-being and peace

An Energy Practitioner acts as a conduit, connecting with energy that is freely available in the universe, and directing it to the participant's energy field to help restore balance and harmony

A Mind-Body-Spirit Approach

Energy Therapy complements conventional medicine and therapy by treating the whole person, and promoting harmony in body, mind, spirit, and emotion



What Happens During a Session?

A session is usually done with *light* touch at the participant's joints, and can be done with no touch at all, if preferred

Sessions can be done in a sitting or lying position as preferred by the participant

Most Practitioners will use some gentle relaxation or breathing exercises as part of the session

Practitioners are also experienced in using guided imagery, which may be included as part of the session

Key Beliefs of Energy Therapy

All healing is self-healing

The human body was designed to be well, but sometimes needs support

Everyone has the innate ability to heal

Energy Therapy realigns the body to a healthy balance



Our staff Practitioners have been trained through the Healing In America School of Energy Medicine.

Healing in America is the U.S. Branch of The Healing Trust, the oldest and largest professional healing body in Europe; where it is well respected by the medical profession.

For more information on Healing in America, please access website:

www.healinginamerica.org