

# AnxietyControlCenter.com

## ActionEndsProcrastination.com

856-751-9446 NJ      917-399-2102 NY

Audrey Sussman Phd, LCSW,NBCCH, LMHC

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### **Objective**

Over the next 4 sessions we'll be working together and learning:

1. Powerful ways to use your own mind
2. Many different stress relief techniques
3. Skills for getting the conscious and unconscious parts of the mind working together
4. Assertiveness and Communication skills
5. Answers to other topics which you bring to class

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### **How this course works**

Each session will include training in many different areas.

- Teaching section for using you own mind in the most powerful way
- Experiential section: Techniques, exercises and skills to train you to use your own mind in the most powerful way
- Coaching section: Individualized coaching on real life issues based on issues you bring to class

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### **Questions about this type of learning.**

1. What is necessary to learn this way?
2. What if I've never done hypnotic work?
3. What if I've tried many things to get relief and they didn't work?
4. What if I don't believe in the unconscious mind?

### **There are 4 things needed to be successful.**

- A desire to learn new ways of using your own mind
- Curiosity and an open mind even when you are skeptical
- You can be skeptical until you find by experience that the tools I'll teach you work for you.
- The more you participate the more you will gain from this class

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