

Who is the Therapist?

Karen M. Thompson, M.A., LPC, CMHt is a highly-experienced Individual, Couple and Family Therapist, Licensened Professional Counselor, Certified Hypnotherapist, Certified Associate Pranic Healer, Reiki Master and Yoga Instructor.

Karen has over ten years of experience working with children and adults, and has completed a three year training program in Family Systems from the Philadelphia Child Guidance Center. She has worked with clients facing a wide variety of mental health challenges including depression, anxiety, ADHD, and bipolar disorder.

Karen Thompson is a Certified Master Hypnotherapist with The National Guild of Hypnotists and has experience in Weight Loss, Smoking Cessation, Stress Relief, Past Life Regression and Emotional Release. Karen is a Certified Associate Pranic Healer and Reiki Master. She has experience combining traditional psychotherapy interventions and physical/emotional healing within the energy bodies. She has witnessed, firsthand, the benefits of an integrative approach in changing lives in a profound way.



Integrative Healing

Family Counseling
Individual Counseling
Pranic Healing
Hypnotherapy
Weight Loss
Smoking Cessation
Couples Counseling
Therapeutic Art/Play
Parenting Skills

**Call for an Appointment Today
(610) 247-0508**

**Integrativehealing@comcast.net
Integrativehealing.ws**

Awaken... To Your Greatest Potential!

**Traditional and Holistic
Counseling**



Integrative Healing

For the Body, Mind & Spirit LLC

Karen M. Thompson, M.A., LPC, CMHt
Integrative Psychotherapist
Master Hypnotherapist
Certified Associate Pranic Healer

610-247-0508

**integrativehealing@comcast.net
integrativehealing.ws**

Are You...

- Frequently stressed or overwhelmed?
- Feeling stuck in your relationship -- or your life?
- Burdened with anxiety, panic attacks, or depression?
- Having physical ailments or addictions that prevent you from enjoying life?
- Finding yourself feeling irritable and constantly in conflict with others?
- Having difficulty communicating with your partner or children?
- Coping with a loss or illness in your family?
- Worried your children are struggling in school, at home, or with peers?

***Integrative Healing
Can Help!***

What is Integrative Healing?

Integrative Healing is a comprehensive approach utilizing a combination of modalities to facilitate healing. Emotional and physical health goals can be obtained with one modality; however, using a comprehensive approach accelerates healing and offers more meaningful and permanent results. By incorporating the physical, emotional and spiritual needs of an individual, optimum health is attained. Integrative Healing offers a comfortable and safe environment to bridge the gap between traditional and holistic healing.

Benefits You will gain...

- Improved Self Confidence
- Clarity
- Stress Relief
- Improved Communication
- Improved Health
- Coping Skills
- Emotional Release
- Understanding of your Barriers to Success
- Relief of Physical Symptoms
- Peace

Integrative Therapy Techniques

- ***Individual/Family
Counseling***

Interventions focus on improving mindfulness and learning strategies to overcome personal barriers and overcome self limiting beliefs. Improving family dynamics and relationships for all members.

- ***Pranic Healing***

A comprehensive system of subtle energy healing utilizing 'prana' in balancing, harmonizing, and transforming the body's energy processes to obtain complete healing. Heal physical and emotional dis-ease.

- ***Life Coaching***

Gain clarity and insight in areas that appear as barriers to fulfilling your dreams. Receive assistance in developing comprehensive plans to move through blocks and limiting beliefs to achieve your greatest potential.

- ***Hypnotherapy***

Remove self-limiting beliefs that have been programmed by society, your environment and your personal history. Learn how to focus your mind in ways that assist you in all you desire. Release unwanted habits, fears and emotional blocks.

- ✓ **Overcome Fears**
- ✓ **Stress Management**
- ✓ **Smoking Cessation**
- ✓ **Weight Management**
- ✓ **Past Life Regression**
- ✓ **Fulfill your Dreams!**