



The Hartford Branch of the Connecticut Holistic Health Association

Presents:

Hypnosis and Meditation: Getting to the Source of Emotional Pain with EMDR and the Color Breathwork Method

A lecture by Kathie Wheeler, PhD, APRN and Pat Barry, PhD, APRN

On Wednesday, May 26, the Hartford Branch of the Connecticut Holistic Health Association will present ***Hypnosis and Meditation: Getting to the Source of Emotional Pain with EMDR and the Color Breathwork Method***. The program will be held from 7 until 9 PM at the UConn Health Center in the Friends' Conference Room. Two presenters will discuss unique therapies that use body-oriented approaches, rather than traditional talk-centered psychotherapy to relieve stress and emotional pain.

Kathie Wheeler, PhD, APRN, a psychotherapist and nursing faculty member at Fairfield University will discuss EMDR, the promising new therapy for posttraumatic stress disorder. **Pat Barry, PhD, APRN**, a West Hartford psychotherapist who developed the Color Breathwork Method, will speak about how it releases emotional blocks and how it can be used to relieve most stress reactions.

When: Wednesday, May 26, 2004

Where: UConn Health Center, 263 Farmington Avenue, Farmington, CT. Tel. 860-679-2000

Time: 6:30-8:30 PM **Cost:** Free

Directions: Friends Conference Room. When entering the driveway of the UConn Health Center proceed to the main hospital building. Bear right at the fork so that you are on the West side of the building. Enter the Academic entrance. Go up one flight of stairs. At the top of the stairs, do an about face. Walk toward the inner court windows. Take a right into the hallway. Friends Conference Room is the 2nd door on the right.

Contact: For more information about ongoing CHHA lectures around CT, visit CHHA online at www.cthha.org