

The Secret Behind the Success- Neuro-Linguistic Programming (NLP) and Energy Kinesiology

Relief for the Mind:

Neuro-Linguistic Programming (NLP) is based on an exhaustive study of genius communicators. NLP utilizes your individual processes of unconscious decision-making to access, engage, and work through habits of resistance. NLP is built on the disciplines of linguistics, psychology, and neuro-physiology. NLP is distinct from other models and theories of psychology and communication in that it provides the user with the linguistic and neurological map for deep change. NLP is direct and strategic.

Relief for the Body:

Energy Kinesiology is a system established by Dr. Mathew Thie. Through unique procedures this work can determine the status of most any neuro-physiological event in the body whether physical, chemical, emotional or memory.

Balances in the body/mind are created by using surface reflexes or holding points similar to acupuncture and the Chinese meridian system. Kinesiology has developed many switch-on points and techniques for the Central Nervous system involving coordination of the eyes, ears, speech, memory and concentration.

Kinesiology is all about stress relief. Physical, mental, emotional, chemical, and environmental conditions are things that cause our problems and the areas where these techniques have their greatest effect.

Various stress relief techniques are combined with emotional balancing, affirmations, massage techniques, and movement exercises.

About Stephanie Shipper

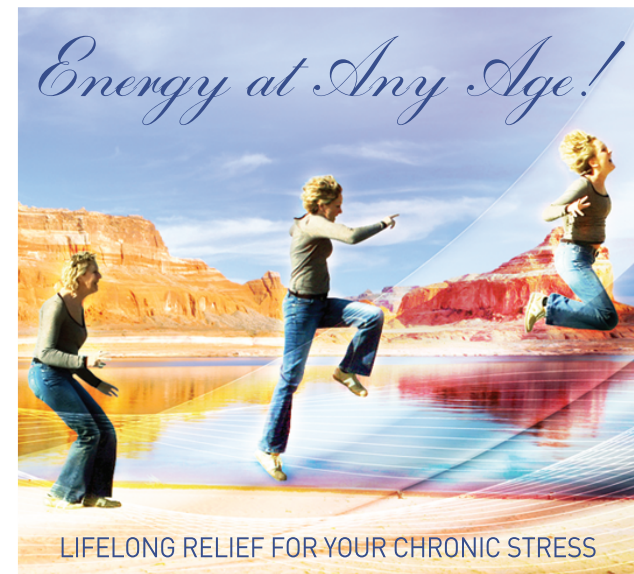
Stephanie has successfully taught and worked with MD's, mediators, CEO's , managers and those seeking personal/professional skills and change for 25 years in the UK, Canada, and the US. She is one of 139 persons internationally Certified as a Trainer of Neuro-Linguistic Programming (NLP).

Stephanie additionally holds certification in Ericksonian Hypnosis, Applied Control Theory (Reality Therapy,) and is trained as a Gestalt Therapist and Drug and Alcohol Counselor.



Additionally, Stephanie is trained in Energy Kinesiology a system created by Dr. Matthew Thie. Kinesiology allows the practitioner to systematically assess the influence of any event whether physical, emotional, or chemical and determine the most appropriate stress relief strategy.

The whole person – emotional, physical, and spiritual and their environmental sensitivities are considered in a wholistic approach to wellness



Stephanie Shipper has had a profound impact on our professional and personal lives. She has helped us solve some incredibly difficult business dilemmas. Her skills are nothing short of miraculous. We highly recommend her services as a cost effective solution to business and interpersonal problems.

*Joe & Terry Graedon
National Best Selling Authors of
"The People's Pharmacy"*

Expert Outcomes

TRAINING AND CONSULTATIONS

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A Unique Approach with Dramatic Differences

What Referring Practitioners Report:

“Stephanie routinely accomplishes more in one session than in any ten our clients have been to previously.”

*Royce Malphrus, Ph.D.
Psychologist, Neuro-Feedback Specialist*

The neuro-linguistic programming skills utilized by Stephanie Shipper have been extremely beneficial to a number of patients our office has referred to her. Her ability to quickly address a problem and provide a solution has proven to be an excellent asset in helping our patients. Our office will continue to refer to Ms. Shipper in order to provide our patients the total health care they seek and require.

*Joanne S. Noel, D.C.
Chiropractic Physician*

Stephanie Shipper is a natural-born therapist and mentor. With warmth and good humor, she uses a rare combination of deeply intuitive skills and courage to expertly guide others through their often murky journey from self-doubt to clear-minded decision making. She accomplishes this while making the complex appear simple. I highly recommend her work.

*Elizabeth Adams. M.S.W, C.C.S.W.
Licensed Clinical Social Worker*

Finding the Root Source of Your Stress- whether Emotional, Physical, or Biochemical

What you do not resolve, you repeat through negative self-talk and chronic health issues. Unresolved experiences, relationships and personal habits form symptoms and dis-ease patterns in your body and mind.

The Stress Equation

Unresolved memories +
Negative self talk +
Poor food choices and habits =
Chronic Symptoms.

Chronic symptoms are requests for healing. Finding and focusing on your inherent worthiness and resourcefulness, while changing negative health and eating habits is what creates lasting change and renewal.

Identify the Problem, Address the Issues and Feel the Relief

How We Will Create Change Together

Identify the Problem:

- Take an in-depth history assessment
- Track symptoms to their original causes
- Check dynamics of significant relationships
- Determine beliefs, concerns and habits that exacerbate the symptom
- Construct a physiological map of the symptom(s)

Address the Issues:

- Prioritize strategic interventions to assure dynamic movement
- Employ your own resources and learn new solutions for self-regulation

Feel the Relief:

- Visualize and explore desired outcomes so that you recognize that change is in progress
- Homework and affirmations to ground the change in your daily life

Changes often exceed a client's expectations of simply resolving a problem.