

STEPHANIE SHIPPER

Stephanie Shipper has successfully taught physicians, mediators, CEOs, managers and those seeking personal and professional growth for 20 years in England, Canada and the United States. She is one of 139 persons internationally certified as a Trainer of Neuro-Linguistic Programing (NLP). Stephanie additionally holds certifications in Ericksonian Hypnosis and Applied Control Theory (Reality Therapy) and is trained as a Gestalt Therapist and Drug and Alcohol Counselor.

THE PEOPLE I SERVE

INDIVIDUAL CLIENTS who are interested in a cooperative, self-responsible approach to their own problems. I particularly appeal to those who are seeking an independent, no-nonsense way out of their own dilemmas.

OTHER PRACTITIONERS: Medical doctors, therapists and other health care providers often make referrals. They use this service to help clients make a breakthrough on specific issues.

TRAINING SERVICES: In addition to individual work, group trainings are offered in these highly effective techniques.

PERSONAL CHANGE WORK is based on the belief that each person has all the resources he or she needs to resolve any current problem.

"Focusing on a person's inherent worthiness and resources is what creates lasting change and healing. The 'disease model' imposes limitations and provides another reason not to recover."

STEPHANIE SHIPPER

"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 and techniques are nothing short of miraculous. We highly recommend her services as a cost effective solution to business and interpersonal problems."

Joe & Terry Graedon
Authors of the Best Seller
The People's Pharmacy



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**BRIEF
LIFE-ALTERING**

PERSONAL CHANGE WORK

*"People have lost contact with their own in-born abilities and internal wealth.
"My emphasis, therefore, is not fixing something, but on reestablishing a link between the person and his or her innate possibilities."*



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FINDING MEANING & BALANCE

Every life contains experiences that awaken all of our emotions, beliefs, dreams and desires...both positive and negative. These experiences are fundamental. They can involve family, children, loved ones, work issues and life direction. Each experience adds to the foundation of who we are and who we're becoming. We use these experiences to build a life that becomes either a prison or a paradise. What we build depends on the choices we make. Change Work can help each of us create a solid foundation by returning choice to our lives.

"When I work with a person, I help him or her locate their own resources and activate them. I believe that all people are renewable resources.

"As a facilitator for Change Work, I join with the client and his or her natural capabilities in brief, results-oriented sessions. This is NOT long-term therapy where I tell people how to live life.

"I work with my clients so that in just a few sessions they become their own change agents and develop their own inventive strategies to reclaim their personal freedoms."

A UNIQUE APPROACH

In working with a client, I pay attention to his or her language patterns and physiology. Through the language patterns, I get a description of the problem; through the physiology patterns, I determine the body's memory of the problem.

Frequently, a problem is the result of a set of limiting beliefs, fears, or experiences that a person plays over and over again unconsciously. In essence, the problem is like a computer program that keeps repeating itself. This repetition creates anxiety. To relieve the anxiety, I work with the person's deep patterns - the beliefs that allowed the problem to come into existence. Once I know the root causes of the problem, I can help my client reframe or shift the views and fears that formed the problem.

The neurolinguistic 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*

RESULTS YOU CAN SEE & FEEL

In each session I rely upon specific physiological and vocal cues to let me know when the original "programming" for this problem has changed. I also use a technique called future-paced tests to see whether these changes will work in the future. These program shifts go deep into the person's basic patterning. They then appear as changes in the person's relationship, attitudes and energy level. These changes often exceed a client's expectations of simply resolving a problem.

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 accomplished 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.*

Most clients see dramatic improvements in their lives in just a couple of sessions.