



MINDFUL EXISTENCE

Liza Lichtinger

Mindfulness in Clinical

Practice integrates into traditional Psychotherapy a non invasive aid and tool for clients and patients. The session is an introduction on the various methods in which mindfulness may be explained, understood, and led by teachings for

purposes of daily application in life. Attention and awareness in therapy allows for a deeper and more safe and secure development of the client-therapist relationship. Mindfulness speaks of a certain way that one may direct their attention, becoming more sensitive of how it may be developed with practice, then ultimately lived.

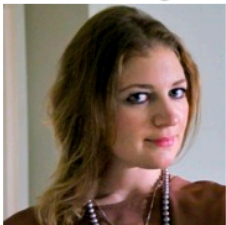
The MindfulExistence Session:

- 🕒 Explanation and brief history
- 🕒 Research aspects
- 🕒 Present Applications
- 🕒 Explanation on clinical integration of therapist-client beneficial interactions
- 🕒 Techniques and Preparation
- 🕒 Practice of Mindful Breathing

October 18
3:15-4:30

MINDFUL EXISTENCE

Liza Lichtinger



Liza Lichtinger gained the Masters degree in Counseling Psychology from Argosy University in 2009 during which her graduate research included techniques applied towards sustaining levels of conscious and corporeal awareness. Continuing self care ultimately led Liza to become that which she was researching, overcoming her own endocrine disorder and genetics.

Liza guides clients towards steady healing having worked with individuals, couples, families, recovery populations, and led various groups as a psychotherapist. Liza's strength-based holistic model of practice helps clients uncover truths which led them into her office using a variety of approaches and tools appropriately aligned to clients needs, inner and outer growth. Liza continues to elevate her intuition nurturing beings to embark on and maintain their chosen level of optimal living. Liza's professional career is a devoted vision to service (seva) guiding you to find your own path towards inner and outer growth.

Optimal Living is every beings' gift to themselves. We are all capable of living to our fullest potential, designing a balanced state of harmony in every branch of our existence.

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