

Release Issues Past and Present

online groups

Tuesday Mornings

Has anxiety been running your life?

Are you sleeping poorly?

Do you experience challenges focusing on what is important to you?

Is worry taking over your life?

Are you not able to attain your goals?

Is it hard to make decisions?

Do you feel stuck?

Are you ready to release the issues from the present and the past that are holding you back?

Join this 8 session online group using a newly adapted energy psychology technique, **Release Issues Past and Present (RIPP)** and sound healing, to identify, heal and release what is getting in the way of reaching your goals and having a calm, grounded, hopeful and engaged life.

Tuesday Mornings • 10:30 to Noon • 9 sessions

December 9, 16, January 6, 13, 20, 27, February 3, 10, 17

Cost: \$90 to \$270 (\$10 to \$30 per group - paid in advance)
sliding scale*

pay for all sessions at once or weekly, pay whether or not you make it to a session

to sign up click [here](#)

for more info write to [Rachel](#)

***If you are unable to pay, please don't *not* sign up, just [let me know](#). I'd rather you be in the group than miss due to finances.**

Groups meet on Zoom and you will need to have your camera on during the group.

This group includes a program evaluation portion that includes a confidential pre and post survey.

You will be provided with an instruction manual, activities in group and activities to do on your own.

Rachel Michaelsen, LCSW, Diplomat in Comprehensive Energy Psychology, is a psychotherapist, and energy and sound healer who has been working with individuals, couples and group for over 35 years. She has used energy psychology practices (EFT, TFT, TAT, Chakra Clearing, Havening, Psych-K, energy medicine, sound healing) for over 25 years. Rachel also provides classes and clinical consultation. To learn more about her practice [click here](#).

