



Proudly presents

Lee Ann Teaney MFT

Speaking on

“Skills for Dealing with Being Overwhelmed with
Mental Illness in your Midst.
The Basics of Somatic Experiencing”

Somatic Experiencing is a mind and body form of psychotherapy that can relieve and resolve the symptoms of anxiety, depression and fear. This is especially helpful for long-term symptoms that develop when people grow up in stressed or dysfunctional families or experience societal biases and prejudices. Lee Ann Teaney is a trauma specialist and the co-founder of Cutting Edge Counseling who uses psychodynamic therapy, Somatic Experiencing, EMDR and EEG Biofeedback in her work. Learn more about her at www.cuttingedgecounseling.com.

Wednesday December 2, 2009

7:00PM at the Edelman Center located at the SW corner of Olympic and Sepulveda in the first floor auditorium. Support meeting follows speaker

Free and open to all members of the community

For more info contact the NAMI office at 310 889-7200