



Spiritually Integrated Body Psychotherapy with Kathleen Scheg

Core Renewal

Updates on workshops and counseling services

Kathleen E. Scheg,
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**Individuals,
Couples, Groups**

Specialties Include:

**Freeing Adults from
Childhood Trauma**

**Releasing & Transforming
Anger**

**Relieving Depression
& Anxiety**

**Empowering Adult
Children of Alcoholics
& Dysfunctional
Families**

Core Career Counseling

*I look forward to
helping you renew
your mind, body
& spirit.*

Accepting New Members:

Personal Transformation Group

Life is full of challenges: relationships, jobs, finances, education, love or hate, anger or compassion, fear or courage to name a few. The choices you make in the present are influenced by your past. Experiencing trauma or growing up in an ACOA/ACDF family often interferes with current relationships. Similar to St. Paul, you find yourself doing or saying things you wish you hadn't, or failing to do or say the things you wish you had. (Romans 7:15-23).

Core Life Transformation enables you to address life's challenges with the love and support of others seeking personal and spiritual growth. Using Core Energetics, a spiritually integrated body-psychotherapy that includes breathing, movement and talk therapy, group members:

- Remove impediments to spiritual growth
- Alleviate depression, anxiety, anger, and other issues
- Transform negative feelings into creative feelings
- Release tension and energy stored in the body's physical blocks
- Eliminate childhood misconceptions and other cognitive distortions
- Improve personal and professional relationships
- Open more fully to loving and being loved

You are invited to join this Journey of Healing and Transformation

Thursdays 7:30-9:00 P.M., Upper Room, St. Mary of Sorrows, Fairfax, VA
\$40 per session (3 month commitment)

Prior registration and a qualifying interview are required.
To apply, please contact Kathleen E. Scheg at 703-568-0525.

Kathleen E. Scheg, JD, LCPC, NCC, the group facilitator, has a Master's degree in Pastoral Counseling and certification in the Core Energetics transformation process. She specializes in facilitating the healing and transformation of the whole person, helping people become more loving and creative human beings.