

How to Register

Don't wait reserve your spot early!!!

We offer an "Early Registration" discount as well as a "Couple Discount" for anyone who signs up the Wednesday before the meeting.

A discount of \$30-\$60 will be taken off the cost of your meeting for signing up early.

All payments must be received by Friday, the day before the meeting to ensure your spot in the meeting!

Call the office at (318)222-6800 or email at healing_inc@bellsouth.net

We Accept Cash, Check or Credit Card.

Martin Miller, M.A., Executive Director
Licensed Marriage and Family Counseling
Licensed Professional Counselor
National Certified Counselor



Please call the office to register or for more information

820 Jordan Street, Suite 401
Shreveport, LA 71101
Phone: 318-222-6800
Fax: 318-222-6801

E-mail: healing_inc@bellsouth.net

www.HealingHeartCounseling.Org



Changing Your Thinking and Feeling Meeting



Distinctively Christian Professional Counseling

www.HealingHeartCounseling.Org

Meeting Info

Who: **Healing Heart Counseling Center**

What: **Changing Your Thinking & Feeling Meeting**

Where: **820 Jordan St. Suite 401, Shreveport, LA**

When: **Saturdays from 9am-12pm**

You can save more than 50% in 3 hours compared to scheduling multiple appointments.

There are no "quick fixes" but this is the next best thing.

The people attending are clients that we as a center know and trust.

The session will be a **SAFE** and **CONFIDENTIAL** place to simply listen, learn, ask questions, and share if you want.

Client Comments

- "Very enlightening and very healing."
- "Plenty of valuable information and handouts for future reference."
- "It is a step towards healing and the material and info are useful in combating negative, hurtful thoughts and beliefs."
- "This has given me a tool to use when destructive thoughts come to my mind."

You Will Learn:

- You will be given tools to get better control over your feelings like anger, anxiety & sadness.
- You will have a chance to access your own thinking and beliefs and how they impact your feelings and actions.
- You will learn ways to slightly change your thoughts in order to gain better emotional control.
- You will learn ways to reprogram your beliefs that are acting as an "anchor" in your life. By understand what's holding you down can grow to fulfill your potential and become who you were created to be.

Five Main False Beliefs "Lies we tell our self"

1. "I must meet certain standard in order to be loved and to feel good about myself."
2. "I must have the approval of certain others in order to be loved and feel good about myself."
3. "Those who fail are unworthy of love and deserve to be punished."
4. "I am what I am. I cannot change. I feel hopeless."
5. "If others don't do as I wish then they do not care about me."

False Beliefs That Negatively

Impact on Relationships

- You feel like you must meet certain standards to earn love or feel good about yourself.
- You maybe making your loved ones feel like they must punish you if you hurt them or make mistakes.
- You think that there is no point in trying to change or improve relationships.
- It may cause you the need to control others and if they comply you become fearful.

Rejecting False Beliefs for the Truth

By doing this you...

- Allow yourself to receive Unconditional Love from God and other.
- Give yourself Freedom from the fear of rejection
- Free yourself from "approval addiction."
- Free yourself from the "blame game" and the fear of punishment.
- Increase feelings of Self Worth and Self Confidence.
- Give yourself Hope that your own Positive Changes can impact other positively.