

Cherie Santasiero, Ph.D., Mh.D., Rh.D., MNLP, MHT, is Sedona's President and Spiritual Psychotherapist. She earned her Master in Neuro-Linguistic-Programming with Richard Bandler, Ph.D., co-creator of NLP. She is a certified Master clinical hypnotherapist and includes Ericksonian Hypnosis in her practice. She has a Masters in Transpersonal Psychology and Doctorates in Transpersonal and Alternative Medical Therapies, Ro-Hun Psychotherapy, and Metaphysics.

"Dr. Cherie" is known for her spiritual counseling, spiritual healings, and Stress Management, teaching Meditation, Therapeutic Touch and other energy healing techniques. She has several published articles and has appeared on national radio and television, and is listed in Who's Who in Business.



S. 5451 Southwestern Boulevard
Hamburg, NY 14075
(716) 646-6075
Visit Our Web Page:
www.sedonaholistic.com

NLP

Neuro-Linguistic Programming is the study of the structure of how humans think and experience the world. This study has led to techniques that can be used to quickly and effectively change limiting thoughts, behaviors, and beliefs.

NLP Can Help You To:

- Control Emotional States
- Change Defeating Attitudes
- Change Negative Perspectives
- Change Unwanted / Automatic Behaviors
- Motivate Yourself
- Improve Relationships
- Communicate Better
- Learn New Skills More Quickly
- Increase Creativity
- Gain Control Over Fears
- Succeed In Attaining Goals

NLP Trainers teach powerful tools for achieving rapid change.

How Does NLP Work?

Each person creates his /her own "internal world" by the way he /she processes information through the five senses (sight, sound, touch, taste, and smell). These internal pictures dictate how each person reacts and behaves. By understanding how each "type" of person processes information, an NLP trainer can teach their clients techniques to change these pictures. Thus an NLP trainer can help a client work with beliefs that may not be useful or helpful. This empowers each person to create positive changes in all areas of his /her life.

What NLP IS NOT :

Neuro-Linguistic Programming is not positive thinking or affirmations.

NLP exercises don't take years to learn or master.

NLP is not willpower.

What NLP IS :

An NLP Trainer will show the client how to work with the way he /she thinks to re-pattern internal, mental pictures of reality. This results in more positive attitudes and behaviors.

A "problem" can often be resolved in one session. The strategies the client learns can be done anywhere and take only minutes to perform.

NLP helps the client cancel the outdated, inefficient behaviors and thoughts and install new ones.

WHAT NLP CAN DO :

NLP is powerful information, techniques, and strategies that can help you to:

Improve your relationships

Improve your performance in sports

Improve your communications skills

Improve your confidence

Succeed in all you do

Get results faster and more efficiently

NLP can enhance all aspects of your life.