

Kathryn J. Leeman, Ph.D.

HOLISTIC PSYCHOLOGY

Holistic Psychology goes beyond the traditional methods of clinical psychology. It takes a person into the transpersonal realm (beyond the personal). It incorporates the spiritual aspects of each individual, as well as the emotional, mental, and physical elements. Through using a wide variety of healing modalities a person gets to experience a sense of self heretofore unknown.

Dr. Kathryn Leeman has been working in the field of holistic psychology for 20 years. Her trainings and experiences have come from universities, institutions, traditions, and cultures around the world. She sees each individual as whole and complete. Each person is unique and requires a different journey into healing. No two people receive exactly the same program. The vast amount of tools she has acquired allows her to meet the needs of an individual who is ready for transforming experiences. Some of these aids are music, colors, sounds, hypnotherapy to achieve altered states of self-awareness, art, new styles of communication methods, various types of meditation, strong intuitive skills, cross-cultural and ancestral tools, and a variety of others.

Holistic psychology does not require labeling, psychoanalyzing, or prescribing medicine. If a person has a chemical imbalance or true personality disorder, they would need to continue working with their psychiatrist. In this way, holistic psychology is used as an adjunct to clinical psychology.

Holistic psychology is for anyone who wishes to know themselves better, and to create a sense of inner peace and harmony. It benefits individuals, couples, and families and is for all ages.

If you have any questions or would like to speak with Dr. Leeman personally, please call her at (909) 792-2094 x 3#.

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TELEPHONE APPOINTMENTS AVAILABLE