

# An Extraordinary Women's Group to *Claim Your Authentic Self*

## **Come Journey Together**

Others may see you as “self-confident” and “in charge of your life.” You may, indeed, be successful (or sense you could be), but underlying doubts or difficulty saying your truths get in the way of fully being the person you want to be.

This group will help you connect with and strengthen the part of you that knows you are not the negative messages you were led to believe about yourself as a young girl. Supported and encouraged by others in the group, you can voice your inner feelings and experiences, learn to separate the inauthentic beliefs from your true qualities, and see your Authentic Self reflected back to you. You will gain a strong sense of who you are in relationship to yourself, others, your work, and your personal spirituality.

We will deepen this connection with your *Authentic Self* through *DRUMMING – SHAMANIC JOURNEYING – WRITING – MUSIC – MOVEMENT – POETRY – STORYTELLING – RITUAL – AND SOUND*. You will be open to feel one with and held by

Led by VIVIAN HANKIN, Ph.D. LMFT (Lic. 15203)

My Berkeley home is the setting for our gatherings. I hope you will allow me to accompany you on your personal path toward your Authentic Self.

I have been a psychotherapist and group leader since 1980. A poet and a writer, I am also trained in guided imagery, hypnosis (Board Certified), EMDR (Certified Level I), leading drumming circles (Mika Scott), shamanic journeying (Michael and Sandra Harner, Nicole Poncelette), leading spiritual circles (Jalaja Bonheim, Joan Borysenko), and music, toning and energy work (Mimi Nielsen).



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Licensed Marriage and Family Therapist  
Individual and Couples Counseling also available.

**Berkeley (Kensington) ~ (510) 525-1217**