



# Lesley Hannell Counselling & Psychotherapy to be Featured on Close-Up Talk Radio

*Lesley Hannell Counselling & Psychotherapy: Bringing together: Mind, Body and Energy to Create Emotional Balance*

ANCASTER, ONTARIO, CANADA, June 11, 2014 /EINPresswire.com/ -- Ancaster, Ontario – Imagine two people in a snowstorm: one is complaining about the cold; the other is making snow angels. But it's the same storm.

We develop our sense of identity by projecting off external events; when we don't like our behavior, we tend to blame the event. But our internal locus of control comes from a deeper sense of self. Energetically, our thoughts create our reality. If we can change our thoughts, our reality changes.

Lesley Hannell is a clinical psychological associate and founder of Lesley Hannell Counselling & Psychotherapy. For over 30 years, Lesley has empowered her clients to address the fundamental barriers preventing them from reaching emotional, mental and spiritual health by changing the structure of their emotional issues.

“When we change our thoughts, we experience physiological changes in the brain and in the body,” “New neural pathways have been formed. If we recall a traumatic event, it won't upset us like it used to or create the same patterns of behavior.”

Though Lesley comes from a traditional academic background in clinical and counseling psychology, her passion has always been more eastern philosophies about life and wellness like meditation, yoga, Karate and Tai Chi. This passion led her to discover [Energy Psychology](#), an emerging branch of psychology that works with the body's energy system to reduce or eliminate emotional and psychological stress and distress.

“Energy Psychology seemed like a bridge between my two worlds,” says Lesley. “It changed my work dramatically because it allowed me to do things much faster.”

Today, Lesley is a Level 2 trainer and practitioner of Energy [Diagnostic and Treatment Methods](#), which include intuitive processing, manual muscle testing, tapping acupoints on the body, as well as positive affirmations.

“Think of your most upsetting thought,” says Lesley. “Through tapping and affirmations, we're going to bring your energy body back into balance. When we do that, the thought no longer generates the same response. You've created a new pathway where the thought leads to calm, relaxed feelings.”

With Energy Psychology, Lesley says she's able to address deep routed patterns of behavior in just 3-4 sessions. Of course, whenever something new comes along, it's often ridiculed and resisted. Preliminary research has shown, however, that Energy Psychology can be effective for war veterans suffering from severe PTSD. In fact, the results have been quite dramatic.

“Some people are locked into the belief that therapy is hard and it should take a long time,” says

Lesley. "It might take you a long time to be ready to jump off a diving board, but once you're ready to jump it's over before you know it. Change is like that."

Close-Up Talk Radio will feature Lesley Hannell in an interview with Jim Masters on June 13th at 11am EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Lesley Hannell Counselling & Psychotherapy, visit <http://www.lesleyhannell.com>

Lou Ceparano  
Close-Up TV News  
(631) 421-8500  
email us here

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2015 IPD Group, Inc. All Right Reserved.