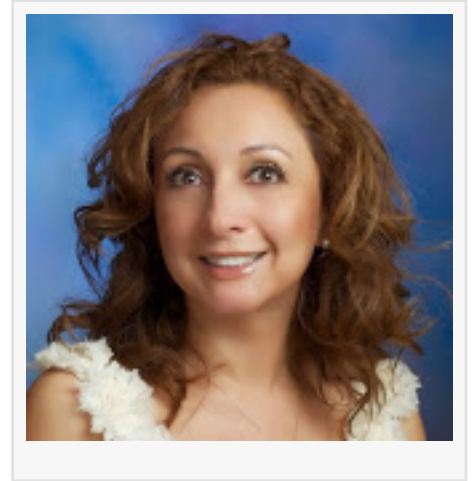


Alejandra Hochstedler of Stamford Clinical Services to be Featured on CUTV News Radio

STAMFORD, CONNECTICUT, USA, April 20, 2015

[/EINPresswire.com/](http://EINPresswire.com/) -- We are all faced with challenges and obstacles throughout our lives. To some, the choices and consequences that lie ahead can seem overwhelming. Past experiences play a role in our ability to choose the best path. For over 30 years, practice psychologist, personal coach and licensed professional counselor Alejandra Hochstedler has assisted many people across the globe to lose that fear, anger, sadness and take the necessary steps toward [happiness](#) and a healthier more fulfilling life.



Alejandra enjoyed tremendous success as an organizational and clinical psychologist in Chile before relocating to the United States

in 1999. Her ambitions were to continue that success within the United States and eventually expand globally, which she has by speaking at seminars in Europe, South America, and North America. Alejandra incorporates a rich multicultural, bilingual, educational, and professional background into her work that is truly rare to find.

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Life is about perspectives. Each of us believes that when we reach a certain age, we are unable to change. We are all capable of change.

Alejandra Hochstedler

Alejandra believes her [Mindfulness Lifestyle Model](#) is a one step at a time process. Alejandra not only works with people suffering from a wide variety of issues including depression, addiction, mental disorders and trauma, but she also works with people who are healthy but unhappy, unfulfilled. Happiness is a behavior. Alejandra makes herself available 24 hours a day and seven days a week holding sessions by phone, via Skype, develops events and in person at her Stamford office.

The services provided by Alejandra and Stamford Clinical Services are tailored to each person. Services are extended to individuals, groups and corporations in need of personal and professional strategic coaching. Alejandra has the tools and modalities to create results person by person in groups sessions or individual sessions. These modalities include Mindfulness, cognitive behavioral approach, hypnosis, neuroscience, patterns of language, and imaginary/visualization techniques.

“Life is about perspectives. Each of us believes that when we reach a certain age, we are unable to change. Through tailored analysis and process, our brains can continue to develop then learn, grow and achieve. No matter what age, family background, educational level, disability, or gender, we are all capable of change. It is my mission to help you succeed, through happiness,” exclaims Hochstedler.

Hochstedler would like to invite you to her live event “Learn, Grow and Achieve” to be held on Friday May 15 from 9am -1:30pm at 25 Forest St. Stamford CT. 06901. Breakfast and coffee beak included.

Please make your reservations RSVP by May 11th 2015 at (203) 570-7017 or send an email to alejandra@stamfordclinicalservices.com.

Alejandra Hochstedler will be featured on CUTV News Radio with host Doug Llewelyn at <http://www.blogtalkradio.com/closeuptalkradio> on Tuesday April 21st at 10am EST. Listeners are encouraged to dial-in at 347-996-3389.

For more information about Alejandra Hochstedler and Stamford Clinical Services visit <http://www.stamfordclinicalservices.com>

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