

Lisa Tahir of Nola Therapy Returns to CUTV News Radio

LOS ANGELES, CALIFORNIA, USA, October 14, 2015 /EINPresswire.com/ -- In recovering from trauma “hope” is an essential element for healing. But when we experience trauma, our cognitive functioning is disrupted. Our brain is focused on survival. It can’t process abstract thoughts like “hope.”

Lisa Tahir is a counselor, coach, life change expert and the founder of Nola Therapy, a New Orleans-originated therapy and coaching practice that has opened an office to serve the greater Los Angeles area. Lisa is the author of *Surrender, A Psycho-Spiritual Healing Guide For Treating Anxiety and Depression*, an autobiography of her struggle to cope with the depression and anxiety associated with trauma.

“I know firsthand that embracing hope can be inaccessible in a personal crisis,” says Lisa. “I wanted to be transparent and vulnerable by sharing my story to help others know they are not alone and they can move through traumatic experiences and come out feeling healed and whole.”



Lisa says *Surrender* was birthed out of the trauma of being drugged, robbed, and left lying on the ground in downtown New Orleans in November of 2014. Using the techniques outlined in her book gave her the strength to process the trauma one piece at a time.

“I chose the word ‘surrender’ because the first step toward healing is allowing ourselves to accept that we didn’t know what to do to feel better,” says Lisa. “My clients have found it very helpful to take emotions that have been overwhelming and giving themselves the permission to set it aside. It’s about handing over your anxiety and depression in a loving way to someone or something else.”

Still, Lisa says she’s found the experience to be a gift. It has allowed her to create a narrative for working with others in crisis and helping them heal and restore the lost connections to parts of themselves that were compromised by trauma.

“Writing *Surrender* helped me know I was going to be OK,” says Lisa. “It’s about mindfulness, being in the present moment and really appreciating it and doing what we can in this moment that we have today.”

CUTV News Radio will feature Lisa Tahir in an interview with Jim Masters on October 16th at 4pm

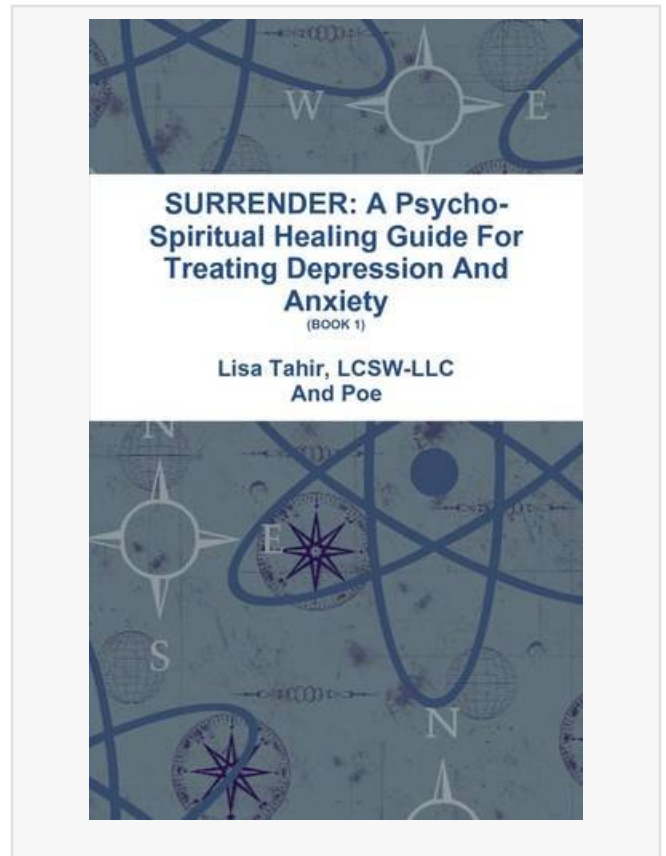
EST.

Listen to the show at BlogTalkRadio

If you have a question for our guest, call (347) 996-3389.

For more information on Lisa Tahir, visit <http://www.nolatherapy.com>

To review and purchase Surrender, A Psycho-Spiritual Healing Guide For Treating Anxiety and Depression, visit <https://www.lulu.com/shop/view-cart.ep>



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Lisa Tahir

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