

## Dr. Gloria Payne of Meridian Counseling Center Returns to CUTV News Radio

DADE CITY, FLORIDA, USA, October 20, 2015 /EINPresswire.com/ -- Traditional therapy is the standard but it doesn't work for everyone. It's a therapist's responsibility to expand their horizons, further their education and learn the most effective ways to benefit their clients.

According to Dr. Gloria Payne, when someone wants to think, feel or behave differently but they just can't seem to do it, this cannot be adequately addressed strictly through cognitive behavioral therapy. CBT works with our conscious mind, and our conscious mind can only do one thing at a time. The automatic part of the brain's number one job is to protect us, it just gets confused sometimes. Having the right tools to cause a shift on that deeper level is imperative.



Dr. Payne is a certified Rapid Resolution Therapist, BodyTalk practitioner, and the founder of Meridian Counseling Center, where she offers both traditional cognitive/behavioral therapy as well as innovative, state of the art holistic methods of healing.

"I look at the whole picture so I want to make sure I have the right tools and I have a lot of tools in my toolbox," says Dr. Payne. "There is more available to people than just western medicine and medication."

Rapid Resolution Therapy (RRT) can help bring about desired change. Long-standing habits can be changed and so can your emotional responses. It is an excellent method of eliminating the negative effect that past events continue to have on emotions, behavior and even health.

BodyTalk is a relatively new and powerful truly holistic and natural method of physical and emotional healing that utilizes state of the art energy medicine to optimize the body's internal communications. As a certified Body Talk practitioner, Dr. Payne relies on the body's inherent knowledge of itself to locate the energy circuits that need repair.

"Our bodies can heal themselves," explains Dr. Payne. "If there's good communication, things are going to go well; if there's a glitch in communication, there's going to be a break down. BodyTalk helps

realign the communication between the body's systems so the body can do what it was meant to do: heal."

"I was working with someone recently who had experienced deep trauma," recalls Dr. Payne. "After our first BodyTalk session she said, 'For the first time in my life I smiled on the inside,' so I'm most proud of working so hard to have this education and knowledge to help people. There's nothing better than to see someone who has been suffering become free of whatever has been constraining their life."

CUTV News Radio will feature Dr. Gloria Payne in an interview with Doug Llewelyn on October 20th at 1pm EDT and with Jim Masters on October 21st at 1pm EDT.

Listen to the shows at [BlogTalkRadio](#).

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

For more information on Meridian Counseling Center, visit <http://www.meridiancounselingcenter.com>

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*Dr. Gloria Payne*

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