

Charlotte Cassidy of Psych and the City to be Featured on CUTV News Radio

MILTON, ONTARIO, CANADA, January 8, 2016 /EINPresswire.com/ -- Your life is a reflection of your beliefs, and your beliefs, usually subconscious, are the cumulative effect of life-long "programming." Subconscious beliefs have far reaching consequences, both positive and negative. Unless changes are made at the subconscious level, repeating undesired reactions and behaviors will likely continue.

Charlotte Cassidy is a registered psychotherapist and the founder of Psych and the City. Like the HBO show from which her practice gets its name, Charlotte says success for her clients is ultimately about helping them get out of their own way.

"I define my client population as 'the worried well,'" says Charlotte. "My focus is always on wellness, building capacity and resiliency, not illness."



Charlotte received her Master's Degree in Counseling Psychology from the Adler School of Professional Psychology in Chicago. Adlerian psychology believes that people are not merely passive recipients of sensory data from their environment; they are active agents in constructing the data they perceive.

"I'm looking at a person's lifestyle and how they function in all of their relationships: friends, family, work, money, but most importantly themselves," says Charlotte. "I mix Western psychology theories with Eastern energy techniques to make more of a connection between mind, body and spirit in my practice, and I think that can be a big leap for a lot of psychotherapists trained in only western traditions."

Energy Psychology techniques provide a variety of safe and effective ways to "rewrite the software of the mind" by changing beliefs that limit, into beliefs that support. All treatments are customized to each particular client and their unique perspective on their problem.

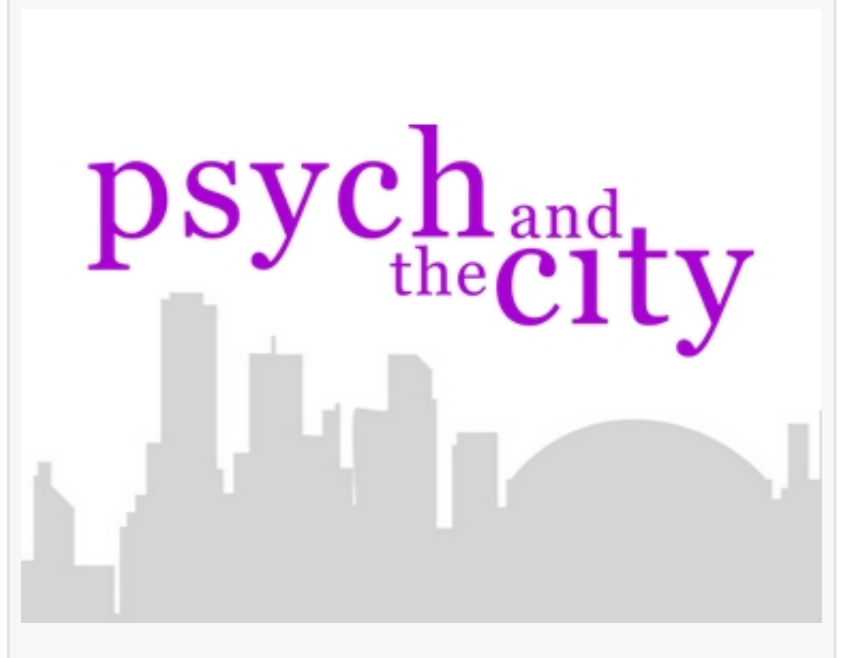
Says Charlotte: "The integration of western and eastern practices and techniques are helping clients move forward quickly and make significant changes in their lives."

CUTV News Radio will feature Charlotte Cassidy in an interview with Doug Llewelyn on January 12th at 11am EST.

Listen to the show on [BlogTalkRadio](#).

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

For more information on Psych and the City, visit <http://www.psychandthecity.co>



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