

Giti Caravan of Caravan Counselling to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- Change is part of life but growth is optional. Therapy can offer essential support to a person struggling to cope and take their life to the next step, but what is often lacking is a focus on the future, a path toward personal growth.

Caravan Counselling is the best of both worlds. Giti Caravan is a psychotherapist, hypnotherapist, leadership coach, consultant and the founder of Caravan Counseling. Through a unique combination of traditional psychotherapy and new age psychotherapy modalities, Caravan Counselling offers quick and profound results.

"I've always been searching for something that offers rapid results to my clients," says Giti. "New age psychotherapy gave me a new perspective on how therapy can work.

It's what my clients respond to and that's been the key to my success."

Giti's work in the area of mental health for the past three decades has enabled her to address a range of issues. In addition to her classical training in psychology and counselling, Giti has attended numerous professional workshops to stay current with the state-of-the-art strategies in counselling.

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Giti Caravan

But nothing compares to the way new age psychotherapy revolutionized Giti's practice. She says she was first introduced to new age psychotherapy when she recognized a need to be stronger personally in order to be more effective for her clients.

"Helping people is the biggest joy in my life and central to my values. You have to serve," says Giti. "But I would become so emotionally involved with people's problems that it would drain me. I realized if I wanted to become part of the solution in people's lives and that's what I'm passionate about, I have to work on myself."



Counseling enables her to figure out her client's "map;" how their thinking is related to their problem. Together, Giti and her client shift that thinking through memory, but more importantly, imagination.

"I see therapy as an art. Creativity is the greatest gift I can bring to my work," says Giti. "The art of my practice is to help my clients see for themselves the great potential that I see in them, who they really are and what they can become in their lives. That's what I think empowerment is. You become the person you've always wanted to be."

CUTV News Radio will feature Giti Caravan in an interview with Jim Masters on June 21st at 12pm EDT.

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

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

For more information on Caravan Counselling, visit www.caravancounselling.com

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