

Alyson Franz of Paradigm Shift to be Featured on CUTV News Radio

JOHNSTON, RHODE ISLAND, UNITED STATES, August 20, 2018 /EINPresswire.com/ -- While traditional talk therapy is considered the standard in mental healthcare, rarely does it lead to people completely letting go of their problems. In fact, people will often rehearse their problems instead of letting them go if all they do is talk about them.

Alyson Franz is a bilingual licensed independent clinical social worker and the founder of Paradigm Shift, where she offers transformational healing programs, coaching and therapy, as well as personal growth workshops and programs.

"Paradigm Shift is about transformation," says Alyson. "It's about being able to let go of whatever is holding you back and stepping into the best version of yourself."



Alyson specializes in synergetic therapy, a combination of traditional therapies and modern therapy modalities, which includes energy psychology, mindfulness and spirituality.

"We integrate a lot of energy psychology into the traditional healing model because energy psychology actually gets to the root of the problem," says Alyson. "Everything is energy at its core, including emotions, whatever block or fear or issue that we're having is energetic at its core. We identify what it is, that's affecting the person, whether it be a trauma, a belief, an identity, or fear. There's lots of possibilities of energetically what could be holding people back. We're good at figuring out what that block is and helping them release it."

According to Alyson, the whole premise of energy psychology is that a disruption in our energy system is the root cause of whatever symptoms we're experiencing: sadness, depression, anxiety and nightmares are just some examples. That energetic charge is what we need to clear.

"I don't just want to be a good therapist, I want to help people tap into their unlimited potential, because we all have this potential, but very few of us use it. Once you start letting go of your blocks life can become amazing. I've seen people make unbelievable changes in their lives."

Many people have experienced trauma or other life events that led them to feeling stuck, unhappy and unfulfilled. Alyson was that person. She knew that life was meant to be happy and

there was a way she could completely heal, but she had no idea what it would take.

"Synergetic therapy was a big part of my healing process," says Alyson. "I feel like I've been very thorough on the work on myself, so it's very easy for me to help people get insight into what's going on for them. And after we identify the block we clear it from their system. And we all have a lot more blocks than we think we do. People are frequently surprised by how many blocks they actually have.!"

As for the future, Alyson plans to expand Paradigm Shift's model and serve as a light for the community and help clients awaken to their full potential.

CUTV News Radio will feature Alyson Franz in an interview with Doug Llewelyn on August 22nd at 12pm EDT and with Jim Masters on August 29th 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 Paradigm Shift, visit www.paradigmshiftri.com

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