

# Martha G. Delafield to be Featured on CUTV News Radio

CHAPEL HILL, NORTH CAROLINA, UNITED STATES, September 4, 2018 /EINPresswire.com/ -- Transform your life.

Martha G. Delafield a licensed clinical social worker and professional counselor in private practice. Where Martha differs from her fellow counselors is her use of energy psychotherapy, neurofeedback and Human Design as a powerful combination of tools for transformation.

"I've been using energy psychotherapy for 23 years now," says Delafield. "There are lots of ways of approaching help and healing, and the more options the better for everybody."

Delafield says she wanted to become a therapist from an early age. Upon graduating, she specialized in severe anxiety disorders and eating disorders using the traditional cognitive behavioral approach. Like many counselors, she soon grew frustrated with what she saw as CBT's limitations.

"I was so conditioned to believe that change was intense and involved struggle and catharsis, but people struggled to get better. There was something missing," says Delafield. "It's one thing to understand why you do what you do, it's another thing to stop doing it. I was looking for tools that actually worked, that worked efficiently, and did no harm with no bad side effects. Those were my criteria."

Soon, Delafield began to explore different modalities, theories and ways of helping facilitate change, embracing eye-movement desensitization reprocessing (EMDR), and later EFT tapping. Today, in addition to energy psychotherapy, Delafield works with Human Design and Neurofeedback.

"Human Design is an integration of a number of ancient traditions such as astrology, chakras, the Kabbalah, with quantum physics, biochemistry and genetics. This integration provides a map for what your wiring is for this lifetime," says Delafield. "It helps me and helps them understand the difference between their conditioning and their true nature. The stories we tell ourselves are what get us into trouble more than anything else. We love our stories. We're really invested in them. I find it incredibly helpful for my work with my clients."



Delafield's neurofeedback is different from other neurofeedback systems.

"Most neurofeedback systems are fairly linear, they're trying to get your brain from point A to point B. The system I use doesn't do that. It's non-linear, it's dynamical. It's moving with your brain. It's not pushing it anywhere. All it does is give your brain information about what it's doing in a moment-to-moment basis, and then your brain uses that to transform itself."

Delafield says no matter what modality she uses in sessions, it's all about meeting her clients where they are and seeing where the movement is possible.

"I just love the idea of transformation," says Delafield. "I love that feeling of possibility, of becoming free, of things that have really held us back from being who we are, from doing what we're here to do, from using the gifts that we're here to give, and enjoying life in a really whole hearted, full-bodied way."



CUTV News Radio will feature Martha G. Delafield in an interview with Doug Llewelyn on September 6th at 11am Jim Masters on September 13th at 11am EDT.

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

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

For more information on Martha G. Delafield, visit <http://marthadelafield.com/>.

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