

Vickie Hershberger of Health Concepts to be Featured on CUTV News Radio

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/EINPresswire.com/ -- If you have love in your life—people you love who love you too—you may be a caregiver at some point. Caregiving is a true expression of love, but it can also be a tremendously isolating experience.

Vickie Hershberger is a wellness educator and founder of Health Concepts, where she specializes in stress management consulting through Guided Imagery. In addition to Health Concepts, Vickie has created and coordinates the Health and Healing program for Torrance Memorial Medical Center and facilitates a caregiver support group to help prevent the isolation that many caregivers experience.

"My goal is to help caregivers realize that caring for themselves is as important as caring for their loved one," says Vickie. "My passion is helping people find tools for self-care and realize the importance of using them. By giving them tools to de-stress their body, environment, attitude and thoughts, we can restore you to living the life you want to live while caring for someone else."



Vickie has been caring for her mother for 18 years, as well as her grandmother, who is now 105 years old.

"The hard part of family care-giving is that you are so emotionally attached to this person," says Vickie. "So I have to remind myself that this is my mother in this chapter of her life. It's not who I grew up with. It's not the person I can have these great conversations with and stuff. So you have to step into her world and be with her where she's at."

Vickie holds a Master's Degree in Clinical Holistic Health Education and is a certified Professional Interactive Imagery Guide.

"My feeling is that deep inside ourselves, in our heart, we know what we're supposed to be doing for ourselves and our loved ones, but we can't get quiet enough to find that place," says Vickie. "Guided imagery takes you into a very safe, quiet place and it activates the subconscious where all those answers live."

Guided imagery works on all five of your senses. It works on your sense of sight, smell, touch, taste, and your sense of hearing to help you reconnect with your "inner adviser," a person, a being, that will help you make decisions."

"I'm not telling them how they need to behave, what they need to be doing with their life," says Vickie. "They're finding it at their inner core through these images. It just never ceases to amaze me the depth and the richness of it. The reason I love the work is because I am helping people get to their inner truth."

CUTV News Radio will feature Vickie Hershberger in an interview with Jim Masters on September 18th at 12pm EDT.

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

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

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