

# MENTAL HEALTH TREATMENTS

*Upchange & transform your life*



Explore our wide range of transformational mental health treatments provided by Dr. David Abou Khalil.

Dr. David is an expert healer with over 20 years of experience using different approaches such as breathworking, advanced energy healing, brain rewiring techniques, hypnotherapy, sound therapy, bio-field work and much more as an integrative concept to healing for fast, holistic and life-changing results. Driven by the belief that each one of us has the potential to achieve greatness and unlimited abilities, he has changed the life of thousands of people around the globe - teaching them as well through his innovative workshops - different ways to rewire their brains, acquire higher states of consciousness and recondition their bodies to make lasting changes.

SERVICES AVAILABLE MONDAY - SUNDAY  
FROM 8AM - 7PM

*for bookings, contact us at*

04 718 1715

058 5870799



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## MENTAL HEALTH SERVICES

### *Brain Rewiring*

Most of us spend a lot of time inside our own mind – worrying about the future, replaying events in the past, and generally focusing on the parts of life that leave us dissatisfied. While common, negative or unwanted thoughts can prevent you from enjoying experiences, distract you from focusing on what's important, and drain your energy. They can also make you feel anxious and depressed. The good news is that with appropriated therapy, we can desensitize your traumatic memories, replacing them all together with meaningful images and positive emotions as per your choice.

### *Hypnotherapy*

Hypnotherapy uses the power of the mind to bring about change in habits, thoughts or behaviors. It is a deep relaxation session with a therapist to work towards a goal, such as smoking cessation, weight management, addictions, phobias, stress, and many others. It is completely safe and has no negative side effects. Hypnotherapy works with the subconscious mind; therefore, there is no need for a long course of treatment.

### *Emotional Freedom Technique*

Bad thoughts can haunt you for days, weeks, or months if you don't deal with them. They often come up when you least expect it, as you over-analyze situations or believe that someone has slyly insulted you. Though painful, bad thoughts are natural, and your brain has ways of dealing with them. Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future. Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupuncture.

### *Trauma Therapy*

This is a type of mental health treatment adopted by the therapist to assist affected individuals to deal with their traumatic condition, it combines techniques of trauma desensitization, emotional brain decongestion, cortisol release, grounding and positive anchoring for a totally new you.

### *Addiction Therapy*

Addiction is a complex disease that can affect many areas of a person's life and is more than just a physical dependence on drugs or alcohol. Even after detox, when your body is no longer hooked, you're at high risk for relapse. With our special concept, we can treat the causes that lay behind your addictive brain and this is done through the restoration of a good emotional status while detoxifying and boosting the mind/body unity for a new self implementation.

### *Stress & Emotional Management*

Stress is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But multiple challenges daily, such as sitting in traffic, meeting deadlines and paying bills, can push you beyond your ability to cope. High level of stress can cause severe inflammation in the brain and body that affects the entire physical and emotional health. Chronic stress can be the direct cause and aggravator for fatal physical diseases, it can increase heart tension, slows down digestion, increase the growth of cancer cells, increase skin aging, and deteriorates our mental health thus the importance of stress and emotional management technique for emotional and physical wellbeing.

### *Advanced Energy Healing*

Everything is energy. Energy is vibration. Vibration is information. Your body is an electromagnetic vehicle created for life on Earth, housing your mind that has the possibility to connect to higher vibrations of yourself through your Heart. Every form and shape is information. Everything you see shows you the Truth if only you open yourself to see it. Through energy healing we can normalize the movement of Qi in your Chakras which affects on a positive way your physical and emotional wellbeing.

### *Transformational Holistic Breathing*

Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Transformational Holistic Breathing® is a holistic approach that treats the human being in totality "MIND-BODY-SPIRIT & ENERGY". THB® is the best way to release repressed emotions that hold you back and to discover your true self.

Contact us to book your service

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