



# Dr. Shannon South, LPC, ThD

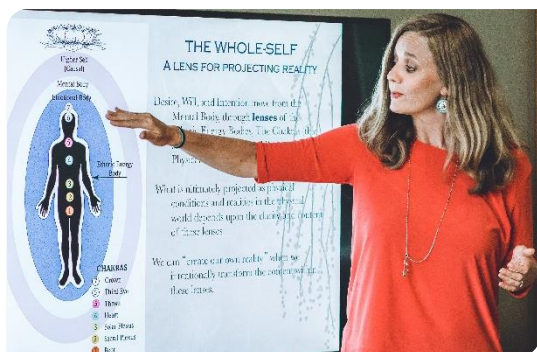
Keynote Speaker and Trainer, Award Winning Therapist,  
Best Selling Author

*Shannon brings her big heart into everything she does. I learned a lot at her workshop about spiritual psychology. But more importantly, she creates a safe space where people can be free to express themselves, in a non judgemental zone. In these kind of safe spaces deep, transformational healing work happens!*  
----Sequoyah Rich, Counselor

## POPULAR PROGRAMS/KEYNOTES

**How to Integrate Spirit and Soul Into Your Practice: Tools to take your clients from trauma to lasting joy**  
(11 CEU's and Substance Abuse credits)

**A Transformational Approach Based on connecting the Soul and psyche for lasting healing**



This two-day training features advanced transpersonal counseling skills, based on concepts from the **Inner Counselor Technique**™ and **MBSR** (Mindfulness Based Stress Reduction) to help clients heal from traumatic experiences and/or let go of negative patterns for good.

It is a transformational approach, designed to move clients beyond their stories to experience a greater sense of joy and wholeness through a unique process of personality integration. **Inner Counselor Techniques**™ expand on the work of psychologists such as Abraham Maslow, Carl Gustav Jung, and William James. The techniques target both spiritual and psychological dimensions to assist clients in changing their automatic response patterns. As a clinician, this workshop will provide you with spiritual and Soul tools to help your clients get to the root of their suffering, become more self-actualized and optimize their sense of joy in everyday life.

See speaking page for more courses with CEUs

## 5 Proven Ways to Raise Your Joy IQ

We've all heard about EI (Emotional Intelligence) or IQ (Intelligence Quota). But have you ever heard of a Joy IQ?

Are you intelligent at connecting with joy? After 20 years of helping clients move from trauma/drama to joy, I have found there IS a way to measure your Joy IQ or your ability to connect to the "consciousness of joy." Sure it can be easier when things are good, but what about connecting to joy when things are tough? Much harder, I bet. Yet, besides eating more fish -yeah for Omega 3's-, sleeping better, smiling more and daily exercise, there ARE proven things you can do to create and connect with more joy in your life, regardless of what is going on. Research is showing that joy is more than genetics, conditioning and circumstance (AND it's fantastic for your health). So let's take a look beyond EI and IQ and dive into what it takes to Raise Your "Joy IQ."

### Transpersonal Counseling:

#### Moving clients from trauma to self-actualization and joy

Transpersonal Counseling means "beyond the mind" and this powerful approach helps clients get beyond their story and the limitations of their past conditioning and into more joy and self-actualization. Self actualization, or as Abraham Maslow refers to as, "a clients fullest, most creative and spontaneous potential" can be reached using this mind-body-spirit approach.

#### Ignite! Turn off the Chaos and Turn on the Joy

In her experiential fashion, Dr. Shannon will help you identify areas where you are stuck, transform the areas where you need support and connect to the core of who you *truly are*. (*your wisest, most loving Self*)... Plus let loose and have some fun in the process.

### What are the benefits of Transpersonal counseling over Traditional counseling?

1. Transpersonal gets to the root of the problem in one session.
2. It connects clients with their wisest, most loving Self (what Carl Jung called the "capital S" Self) for lasting healing.
3. Studies show it reduces depression and anxiety and increases self-worth in 1-3 sessions.
4. Because of the focus being the clients inner wisdom, it empowers the client because the answers come from their own knowing.
5. Transpersonal integrates the opposites parts of a client so they become more whole and can BE the changes they want to create vs. thinking about them.
6. Transpersonal approaches consistently transform old reactive, survival patterns and replaces them with new, empowering, healing patterns.



### Partial Client List:

Carolinas Healthcare System  
Council on Aging of Buncombe County  
Grove Park Inn Resort  
Licensed Professional Counselor Conferences  
Unity and other churches  
Domestic Violence conferences  
Recovery and Addiction conferences (Four Circles, Women and Addiction etc.)  
MAHEC (Mountain Area Health Education Center) at Mission St. Joes Hospital  
Chaplains Grand Rounds  
Holos Graduate Seminary

### Contact:

 [www.drshannonsouth.com](http://www.drshannonsouth.com)

 1-828-230-5477