



REDUCING SOCIAL ANXIETY WORKSHOP

Has anxiety ever stopped you from creating meaningful connections with others?

Utilizing an eclectic mind body approach to educating clientele, Rob Feiner and Rachel Fintzy have designed this workshop to help individuals desiring to create a mindfulness approach to communication, increase concentration and task adherence, in addition to learning tools that may help alleviate social, performance, and test taking anxiety. Mr. Feiner and Ms. Fintzy are psychotherapists who combine almost 30 years of experience in both the worlds of academics, coaching, and mental health to create this workshop that will help you to connect with others in more meaningful ways using tools drawn from Cognitive Behavioral Therapy, Mindfulness Practice and Mind Body Relaxation Techniques. Come join us on Feb 27, 2018 from 6:30pm - 8pm at the Santa Monica Library Fairview Branch. You will not only gain further in depth knowledge of self but also acquire skills that are applicable in daily life.



Rob Feiner is a Professional Clinical Counseling Intern at The Institute of Holistic Psychiatry in Los Angeles, California. Prior to seeking his license in California, Rob amassed over a decade of experience counseling adolescents in a school setting. Through his years in the academic world, he worked with diverse individuals and groups covering a variety of issues including anxiety, depression, career counseling, interpersonal issues, as well as athletic and performance art potential. Since 1995, he has assumed many different roles in the world of wrestling, jiu-jitsu and the martial arts. He has spent extensive time coaching, competing, and conducting workshops and women's self-defense seminars throughout the Northeastern United States. In 2003 his martial arts team was also an early adopter of Crossfit integrating

it's philosophies into the team's strength and conditioning regimen. In addition to his experience with martial arts, He has a profound passion for the ocean and has been surfing and teaching others to surf for over a decade. Combining his experience in coaching and mental health, He currently teaches athletic and performance based seminars, and works with many high-level performance based professionals and athletes who look to improve output, mend fractured relationships, and find balance in daily life.



Rachel Fintzy is a licensed Marriage and Family therapist in Santa Monica, California, who specializes in interpersonal relationships, couples therapy, anxiety, depression, and mind/body wellness. For the past 17 years, Rachel has also been directing and coordinating clinical research studies at the University of California at Los Angeles (UCLA) in mind/body wellness, ADHD, substance abuse, and the connection between traumatic injury, depression, and PTSD. Rachel helps people both in her private practice and in workshops to access, understand, and regulate their emotions, modify their lifestyle choices, and improve their interpersonal relationships, to support optimal well-being. Rachel also works with people who are at risk for or who have suffered chronic or life-altering conditions, including cardiovascular

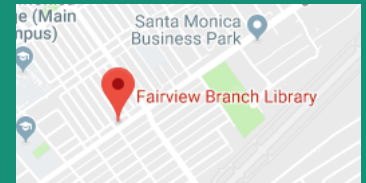
disease, autoimmune and gastrointestinal disorders, fibromyalgia, Chronic Fatigue Syndrome, Lyme disease, obesity, and emotional eating. You can learn more about Rachel and her work at rachelshintzy.com and her blog Cultivating Contentment and Happiness at Psych Central.

WHEN:

February 27, 2018
6:30pm - 8pm

WHERE:

Santa Monica Library
Fairview Branch



2101 Ocean Park Blvd,
Santa Monica, CA 90405