

## Michael Rebel, LMHC FL#3532



Specializing in Gestalt, regressive and emotional release therapies, Michael is trained in nine different therapy models. He received his Masters degree in Community Mental Health

from Stetson University in 1990 and is a member of the American Counseling Association. Co-leading workshops since 1987, Michael developed the Natural Awakenings Programs<sup>SM</sup> in 1994.

*“My professional experience has been that clients prosper when life is lived within a framework of natural laws. Clients who learn the purest essence of their being can rapidly develop healthier life strategies that allows them to heal and thrive.”*—Michael Rebel, Natural Awakenings Programs<sup>SM</sup> Founder

## Brenda Heim Workshop and group co-leader



Brenda Heim, Artist, co-leads the Natural Awakenings Programs<sup>SM</sup>. Brenda combines life experiences with creative, action-oriented tools for tapping into and expressing the inner child. In addition to her full-time studio business, Brenda teaches an abstract painting workshop designed to help clients explore their emotions through art.

For more information, visit  
[www.NaturalAwakeningsPrograms.com](http://www.NaturalAwakeningsPrograms.com)



# NATURAL AWAKENINGS PROGRAMS<sup>SM</sup>

*Healing Spirits, Hearts and Homes*

**Ecotherapy**

**Couples Therapy**

**Post-traumatic Stress Disorder**

**Depression & Anxiety**

**Troubled Teens**

Michael maintains a private practice at  
**Brave Hearts Counseling Services, Inc.**  
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Michael's 2nd office location:  
**Michael Rebel, LMHC FL#3532**  
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Heal with

# NATURAL AWAKENINGS PROGRAMS<sup>SM</sup>

- Ecotherapy
- Couples' Counseling
- Post-traumatic Stress Disorder
- Depression and Anxiety
- Troubled Teens
- Emotional Release Therapies
- Psycho Dynamics



## Our Process



We believe each person can reach a point of comfortable “living” through self-actualization and self-acceptance. We believe this process has both an internal and external component. The internal component is based on a precise awareness of who we are, where we come from and how we act. The external component is based on understanding what is possible and what is not, based on the natural laws of our reality in this universe. This is accomplished by learning and accepting human nature on this planet.

## Our Programs

**Individual and couples therapy** helps you gain awareness and establish the rapport necessary to feel safe with your new therapist. Clients are encouraged to discover core beliefs before moving into other programs.



**Group therapy** enhances and expedites the self-actualization process. The effects of emotional contagion, multiple witnesses and the potential to practice boundary work make group therapy a powerful promoter of self-esteem. Group is economically advantageous and also a source of long-term support.

*“Oh, what a difference a weekend makes! ... This retreat reminded me that ‘when you want something, all the Universe conspires to help you achieve it.’ I was able to clearly see who I am, how I had been fighting against myself and, ultimately, how to nurture and love myself again.”*

— Heather Renaux

## Our Programs *(continued)*

**Practitioners Workshops** let you learn from experts and teach the use of nature and art in your therapy practice.

**Weekend Workshops** are the lifeblood of the entire process. They accelerate the healing process by providing the opportunity to:

- Bond with nature
- Learn to feel safe on this planet
- Spend extended time in a therapeutic mode
- Use role-play and regressive interventions for exploration and healing
- Practice new skills in a family-like setting

**We believe that the appropriate use of these tools in a consistent program leads to a fulfilling and prompt return to well-being.**

## Commitment



The healing process is often irregular: times of growth, followed by times of comfort and then relapse. If one stops working their therapeutic program during the times of comfort, one can slip back into the old self-destructive script, even deepening it in some instances.

Natural Awakenings Programs<sup>SM</sup> is committed to the personal growth of our clientele. Because our time and energy is valuable, we ask our clients to make a personal commitment to their growth. Together we will commit to the self-actualization process by communicating more effectively and openly—each expecting the other to do their part.

