

## WITH APPRECIATION

*As a referring physician, I have had multiple patients work with Terri. They have found her to be very thoughtful and compassionate. Many have said they've experienced therapy in the past, but felt greater ability to progress with Terri and attribute it to her holistic approach to therapy.*

**Dr. Tamara Odell**

*Terri's kind and compassionate approach helped me feel comfortable enough to talk about my issues. Her patience set my mind at ease.*

**A. (psychotherapy client)**

*Your attentiveness and creativity was so meaningful in how you treated me during this confusing time. Thank you for helping me understand that "I am worthy of love" and "I can make my own choices!"*

**N. (life coaching client)**

*Terri's excellent professional skills helped shape the short- and long-term planning for our educational programming. In all of the situations that she participates in, Terri brings warmth, intelligence and clarity.*

**Monmouth County Arts Council**

*The photos that Terri took of me are a key component of my recent professional reinvention – I use them for all my job search and self-marketing needs. Before the photo shoot, Terri helped me clarify my career goals so they could be expressed in the photographs. During the shoot, she expertly drew out my best and captured an image that continues to receive praise from colleagues, family and friends.*

**Gay Norton Edelman (career development)**

**HEARTSPARKS LIVING WELL  
THERAPY & WELLNESS CENTER**

## TERRI S. BLAIR, M.ED., LPC, MBSR



Ms. Terri Blair is a Licensed Professional Counselor (NJ Board of Marriage and Family Therapy) and an educator. Her private practice includes therapy and life coaching, problem resolution, career development and renewal, and other concerns.

Ms. Blair's professional experience encompasses human services, resource development, presentation and communication skills, leadership and mentoring, and crisis management. She specializes in collaborative initiatives and program design. Ms. Blair enjoys providing in-service training, staff development and strategic planning in formats that are engaging as well as productive.

Ms. Blair was invited to the White House during the George W. Bush administration to discuss her approach to human services, including jobs-, education- and health-based welfare initiatives.

To request additional information or to inquire about the services offered at HeartSparks Living Well Therapy and Wellness Center, please call us at (732) 859 2942.

**MS. BLAIR SEEKS OUT CREATIVE AND  
COLLABORATIVE OPPORTUNITIES TO HELP  
CHILDREN AND ADULTS –  
OUR COMMUNITIES, OUR WORLD.**

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THERAPY & WELLNESS CENTER**

**(732) 859 2942**

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## HEARTSPARKS LIVING WELL THERAPY & WELLNESS CENTER

HEARTSPARKS LIVING WELL Therapy & Wellness Center is a practice unique in its scope of services, ranging from traditional behavioral and experiential therapies to aspects of life coaching, mentoring, and career planning and development.



*Terri Blair with Derry,  
our therapy dog.*

*What is your need?*

*What do you  
long for?*

*Your inner self,  
life circumstances,  
or concerns may  
give you a  
whisper ...  
or a nudge ...  
Take a step,  
or ease on in.*

*Respecting all of your strength and  
courage, what might we do together?  
Just call or email for an appointment.*

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## CHOOSING YOUR PATH

Our integrated approach to health and well-being honors each individual. We recognize that each of us has a unique life energy and tendencies, from family to career, to desires, longings, strengths and challenges. We address issues that include, but are not limited to:

- self-doubt
- depression
- family
- life purpose
- academics
- trauma
- problem-solving
- presentation skills
- transitions
- desires
- creative energy
- health
- career
- women's issues
- needs and balance
- playtime and joy

**Groups, organizations and businesses** experience the same challenges as individuals. Questions about process and goals? Communication? Strategic planning? We can help with these, and so much more.

**Photography** can add to personal, family, organization or business relationships:

- recognition
- enhancement
- sharing
- fun

~ *it's about the paths you find and the ones you choose* ~

*Photographs on this page are the copyrighted material of HeartSparks Photography and Terri Blair.*



## PHYSICAL AND EMOTIONAL STRESS

**Mindfulness-Based Stress Reduction (MBSR)** and relaxed breathing, or use of essential oils, or color awareness and other activities, can be more helpful than many people imagine. Your inner self senses what you need and long for. MBSR and related techniques gently tap into inner self, helping to *reduce stress*; *experience* greater comfort, and *increase* happiness! We attend to your needs, with your preferences.

MBSR may also diminish pain, clear “brain fog,” or lower blood pressure and improve well-being. These approaches to self-soothing can be done for moments at a time or throughout the day, and are specific for each individual.

MBSR and other soothing and stress-reduction workshops are available. Derry, our therapy dog, is happy to attend if invited.



## HAND ANALYSIS

Science can now shed light on this fascinating skill. Hand analysis can reveal much about one's personality, strengths and abilities. For example, hand analysis can clarify academic and career choices, or a person's inclinations toward the arts, relationships, lifestyles.

If you'd like to learn more about hand analysis, there are articles in Forbes Magazine and the Huffington Post, to name a few. A session may range from half an hour to an hour; individual or group sessions are available.



*Hands that create fine jewelry.*

## DERRY, OUR THERAPY DOG

**Yes**, Derry is amazing! He's a Moyen poodle, five years old. Derry is also a service dog, and he's had over 2000 hours of training. Derry can sit in on therapy, coaching or wellness sessions, if you would like. He's loving and kind. Derry's great when he and I give talks to groups of children and/or adults. And, he loves playtime...he runs like the wind down at the beach!

