

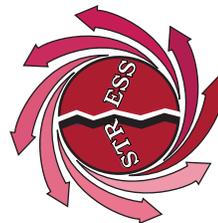


Penny H. Baron, Ph.D., ATR-BC, LCAT is a workshop leader, teacher, and therapist with over twenty years experience in the area of stress management. Dr. Baron's *'Creatively Coping With Stress'* programs have been presented at human service agencies, medical institutions, educational settings, companies, conferences, and retreats for both professional audiences and the general public.

She earned a doctoral degree from the Union Institute & University in Health Studies with a special focus in Art Therapy, Stress Management, and Health Psychology. Dr. Baron is a Registered and Board Certified Art Therapist with the American Art Therapy Association and Licensed Creative Arts Therapist in NYS. Penny produced and narrated the audio CD, *Crossing the Bridge to Health: A Creative and Symbolic Journey*.

Dr. Baron maintains a private practice incorporating the creative arts therapies with verbal counseling. In her work with individuals, Penny assists clients to find positive solutions for their most difficult stressors using creative and personally empowering experiences. Clinical issues dealt with include coping with anxiety, trauma, depression, grief and loss, as well as the unique challenges that arise for women and all individuals at various stages of life. She has also worked with people facing chronic pain, cancer and different serious and life threatening illnesses.

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Creatively Coping With Stress

Penny H. Baron, Ph.D.

Change Headaches Responsibility
Boredom Illness Crisis
Pressure Challenges Tension
Attitude
Creatively Coping With Stress™
Money Anxiety
Work Control
Anger Deadlines
Time Relationships Traffic
Insecurity Obligations
Fear Competition Grief

Lectures Workshops
www.pennyhbaron.com

Invest in managing your stress effectively to enhance your health and well-being...

Creatively Coping With Stress programs began as a vehicle for participants to maximize their individual creative abilities when coping with the stressors and challenges of life. Lectures and workshops have always emphasized current knowledge, research, and techniques from the field of stress management.

Today eighty percent of all illnesses are considered to be stress related or aggravated by stress. Because of this it is vitally important that each one of us takes time out to consider how stress may be effecting us physically, mentally, emotionally, and behaviorally. *CCWS* programs give individuals a chance to gain a better understanding into what stress is and their unique response to the stressors of life.

CCWS programs do not 'overstress' participants with too much information and too few positive solutions. Programs are designed with a balanced, holistic perspective in mind. The atmosphere is relaxing, creative, experiential, and playful where participants learn by doing. This is especially important in dealing with stress because research has found that individuals who best control their stress use just this active, rather than passive approach. Control, however, need not be rigid. A creative perspective towards one's life opens up options and possibilities around stressful situations not originally considered by that individual.

Whether you work in the fields of human services and healthcare, education or the corporate sector, *Creatively Coping With Stress* lectures and workshops can break new ground for reducing stress.

CCWS PROGRAMS WILL:

- **Include** a detailed presentation on the physical, mental, emotional, and behavioral effects of stress. Explain how we can take steps to reduce and manage stress effectively.
- **Guide** individuals through different types of breathing techniques that are designed to trigger your body's natural, inherent 'relaxation response.'
- **Teach** progressive relaxation and guided imagery exercises that promote a state of tranquility for your mind and increase awareness of the stress points in your body.
- **Allow** time during the program for mini 'stress breakers' that can be used by participants throughout the day, at work or home, to relieve tension and revitalize energy.
- **Utilize** creative and personally empowering exercises as tools for self-expression, which assist you in identifying positive solutions to your most challenging stressors.
- **Provide** a supportive, nourishing, and energized experience where learning takes place in an atmosphere of laughter, play, and creativity.

***To schedule a program, cost or
additional information:***

(607) 844-3465

phbaron@pennyhbaron.com

www.pennyhbaron.com

CCWS PROGRAM CHOICES:

CCWS - Programs #1 & #2 introduce important topic areas related to good stress management. These are perfect for the lunch hour or can be scheduled at a different time during the day.

CCWS - Half Day Workshop contains both a lecture and creative experiential format.

• Program #1 - The Basics of Stress:

Take a creative perspective in learning about what stress is and how it affects us physically, mentally, emotionally, and behaviorally. Experience a wide range of techniques that can trigger your body's natural 'relaxation response' and counteract the 'fight or flight' response and negative effects of stress. During this program participants are taught 'stress-breaking' breathing, progressive relaxation, and guided imagery exercises, which can be easily integrated at work or home throughout the day.

• Program #2 - Building Resilience To Stress:

Understand the meaning of resilience and what personality qualities and attitudes help to buffer us against stress as well as allow us to 'bounce back' during challenging times in life. In addition relaxation, diet, and exercise are focused on as central to a good stress management program, further building an individual's resilience. Suggestions are given for easily integrating relaxation techniques, nutritious foods and snacks, moderate levels of exercise and stretching into your daily schedule.

• Half Day Workshop:

Includes an in-depth lecture on stress. (See above information described in Programs #1 and #2 for details). In addition, *CCWS* workshops teach a wide range of mini 'stress-breaking' and re-vitalizing exercises you can integrate throughout your daily schedule. Creative and personally empowering exercises to help you identify positive solutions to your most difficult stressors. These creative experiences will allow you to more fully understand and cope with the stressors you currently face in life.