

Laurie Nadel, Ph.D. offers mind-body protocols for refreshing sleep without medication. Each person's sleep patterns are unique; therefore, she develops a customized mind-body-spirit process to meet each patient's individual needs in short-term, solution-focused sessions. (More than 90% of her patients have reported improvement after the first session but four to six sessions are generally recommended to achieve optimal results.)

Since 1991, she has helped hundreds of people resolve stress, anxiety and trauma issues that cause insomnia, interrupted sleep, flashbacks, and nightmares. Patients as young as eight years old have learned how to reprogram nightmares into resourceful dream states. Dr. Laurie incorporates teachings from indigenous healers to help individuals who are ready to move to the next level achieve lucid dreaming states.

She integrates modalities from the Benson-Henry Institute of Mind-Body Medicine (formerly Harvard Medical School's Institute of Mind-Body Medicine); Jungian dreamwork; neurolinguistic programming (NLP); acupressure (Emotional Freedom Technique) and clinical hypnotherapy. The Harvard model of cognitive restructuring shows each patient how to change NST's (negative sleep thoughts) to PST's (positive sleep thoughts).

Trauma issues, including flashbacks and nightmares are addressed with Jungian dreamwork and SoulCollage® expressive art therapy. For assault and sexual trauma (#MeToo) issues, she has developed an original hypnotherapeutic protocol to induce therapeutic amnesia so that troubling events can be recalled without re-experiencing feelings associated with the event.

Dr. Laurie offers in-person sessions in Manhattan and on Long Island; she also works via Skype when she is out of town. For more information, please visit [www.laurienadel.com](http://www.laurienadel.com) or email [drnadel@laurienadel.com](mailto:drnadel@laurienadel.com) to schedule a session.