

Katja Hanska Healing Energy

Energy Psychology & AMDR Practitioner - Emotional Healing & Psychological Development
Stress Management & Trauma Desensibilization – Chinese, Tibetan Healing Practices
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Important Notice

Dear Readers,

Please note that my profession as a “psycho-energetic practitioner and AMDR specialist” is governed by ethics, rules, duties, and obligations. I have been trained to provide a holistic psychoenergetic approach, grounded in conventional psychology, behavioral therapies, energy psychology techniques, integrative coaching practices, neuroscience, and traditional Chinese, Japanese, and Tibetan medicine. My aim is to support and maintain physical, mental, and spiritual health.

Despite my extensive training, practice, and experience, I am not a medical doctor and do not claim to be one. I do not prescribe. I offer suggestions and invite exploration. My clients are not, in any way, “patients” but “individuals eager for relief.” My recommendations emphasize health maintenance and personal responsibility and are never pharmaceutical in nature. My “consultations” are not covered by conventional healthcare systems, although some alternative health treatments may be reimbursed by certain insurance plans based on individual contracts. Finally, I am not affiliated with any sect or religious group and do not seek to convert anyone.

As such, my activities, as they are regulated in France, are categorized as “Non-Conventional Health Practices” (PSNC). In cases where a client’s needs surpass my relational or psychoenergetic scope, I may refer them to mental health professionals, such as psychiatrists, psychologists, psychotherapists, or other conventional medical specialists.

I appreciate your understanding and commitment to your healing journey.

Katja Hanska