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Hyper-Anxiety: 5-Session Stabilization Program

Welcome, Hyper-Anxious individuals!

This psycho-emotional support program is designed specifically for those who need to quickly regain emotional stability in the face of hyper-anxiety. The 5-Session Stabilization Program offers immediate support and practical tools to manage anxiety in daily life.

Whether you're facing intense stress, chronic anxiety, or simply wish to regain control of your emotions without committing to long-term therapy, this program is tailored for you. It's also ideal for those looking to integrate emotional autonomy techniques into their lives.

What to Expect?

In just five sessions, this program initiates well-being and teaches anxiety management techniques. It includes proven methods such as managing dysfunctional automatic thoughts, grounding and visualization exercises, and deep relaxation practices. The goal is to equip you with effective tools to soothe anxiety, regain balance, and tackle everyday challenges with more calm.

Short Commitment, Lasting Impact

With its intensive format, the 5-Session Stabilization Program offers quick symptom relief while laying the groundwork for long-term emotional autonomy. Each session moves you closer to lasting relief that you can maintain beyond the program.

Ready to Find Inner Calm?

Contact me for more information or schedule your first session at +33 619 63 91 46.

Hyper-Anxiety: 5-Session Stabilization Program

This 5-session program offers rapid relief and lasting tools for those struggling with intense anxiety. Designed to be concise and effective, it combines proven emotional management techniques with cognitive rebalancing methods to quickly restore calm while fostering autonomy.

⇒ Session 1: Diagnosis and Grounding Techniques

Objective: Quickly identify anxiety triggers, provide immediate relief with grounding and breathing exercises.

Details:

- Identify anxiety triggers in key life areas (work, family, personal).
- Grounding exercises (e.g., 5-4-3-2-1 technique engaging the five senses).
- Diaphragmatic breathing for nervous system calming.

Expected Outcome: Reduced tension and present-moment focus.

⇒ Session 2: Emotional Management and Visualization Techniques

Objective: Recognize and regulate emotions during crises.

Details:

- Emotional mapping using a scale to identify states and intensities.
- Protective visualizations ("protective bubble") for inner security and emotional reset.
- Guided Body Scan Meditation: Development of a progressive relaxation routine to release tension caused by anxiety.

Expected Outcome: Participants gain tools to identify emotions during crises and relax at will.

⇒ Session 3: Reprogramming Automatic Thoughts

Objective: Identify and reformulate negative recurring thoughts to reduce anxiety.

Details:

- Documenting recurring thoughts to recognize dysfunctional patterns.
- Cognitive reframing with the "3 Columns" method (thought - emotion - reframing).

- Cognitive distancing: Visualizing thoughts as passing clouds to reduce attachment.

Expected Outcome: Equip participants to identify, understand, and modify anxiety-driving thoughts.

⇒ **Session 4: Progressive Desensitization and Imagined Exposure**

Objective: Gradual exposure to fears in a safe, controlled manner.

Details:

- Imagined exposure with coherence breathing exercises.
- Step-by-step desensitization plan.
- Progressive muscle relaxation for physical tension reduction.

Expected Outcome: Participants will feel more at ease confronting their fears in a realistic and controlled manner.

⇒ **Session 5: Consolidation and Relapse Prevention Plan**

Objective: Provide a crisis management plan, review learned techniques, and introduce self-compassion practices.

Details:

- Review and select preferred techniques for continued use.
- Personalized relapse prevention plan for crisis moments (including breathing, grounding, etc.).
- Introduction to self-compassion practices to reduce internal judgments.

Expected Outcome: Participants leave equipped with effective tools and a practical prevention plan for autonomous anxiety management.

Summary and Final Objective

This intensive 5-session program is designed to quickly alleviate hyper-anxiety and provide practical tools for daily emotional management, offering effective psycho-emotional support and fostering continued personal growth.