



Stress Management Center at Fernview

A Clinical Practice Providing Counseling, Functional Medicine & Integrative Medical Therapies
Individual, Couples, Families & Groups, Continuing Education & Workshops
To Promote Health & Wellness





STRESS MANAGEMENT CENTER AT FERNVIEW

(864) 225-0792 | fernviewcenterforwellbeing.com | 1115 Dunlap Rd, Anderson SC, 29621

This booklet includes information on our clinicians as well as a listing and description of the integrative medical therapies, including classes and groups, & functional medicine, that we offer and their benefits. We have also included a copy of our referral form for you to copy and use.

Functional Medicine, Clinical Counseling & Integrative Medical Therapies

Life adjustments and stress are a natural part of living. When a person starts feeling overwhelmed by a problem or by emotions that cannot be fully understood, it may be time to turn to a professional for support. Our clinicians are licensed, experienced, and fully credentialed. All assessments are completely confidential, provided in a non-judgmental atmosphere, and individualized to meet personal goals and needs.

We offer a full range of clinical therapeutic services in a peaceful setting commonly addressing:

- Adjustment Issues
- Anger Management
- Anxiety
- Behavioral Difficulties
- Bereavement
- Conflict Resolution
- Crisis Intervention
- Couples / Partner Counseling
- Debriefing
- Depression
- Eating Disorders
- Grief
- Life Transitions
- Obsessive Compulsiveness
- Occupational Stress
- Panic Attacks
- Parent / Child Conflicts
- Post-Traumatic Stress
- Relaxation Training
- Self Esteem Issues
- Sexual Concerns
- Trauma Resolution

Clinical approaches we offer:

- Client-Centered
- Cognitive Behavioral Therapy
- CranioSacral Therapy
- Crisis Intervention
- DBT (Dialectical Behavior Therapy)
- EFT (Emotionally Focused Therapy)
- EMDR (Eye Movement Desensitization & Reprocessing)
- Expressive Arts Therapy
- Functional Medicine
- Humanistic & Existential
- Internal Family Systems
- Integrative Medical Therapies
- Meditation
- Mindfulness Based Ecotherapy
- Progressive Relaxation
- Solution Focused
- Somatic Experiencing
- Stress Management
- Qi Gong & Tai Chi
- Iyengar, Hatha, Kundalini, Restorative, Vinyasa, & Yin Yoga

**Call (864) 225-0792 to schedule or preauthorize your appointment.
All Major Insurances Are Filed For You Including Medicare.**



CLINICIAN INFORMATION

STRESS MANAGEMENT CENTER AT FERNVIEW

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Heather Kline Schaffer



Dr. Heather Kline Schaffer, PhD., M.Ed., Masters in Counseling Education and Psychology, is an LPC, Licensed Professional Counselor, and is an NCC, Nationally Board Certified Counselor (NCC), Yoga & Meditation Instructor Yoga Alliance E-RYT 500, Reiki Master, Certified Hypnotherapist, studied psychology and studio arts at L'Ecole Des Beaux Arts in France and received her teaching credentials from Furman Univeristy. After graduating with her Master's in Counseling Education & Community Mental Health from Clemson in 2003, she began working in Private Practice, Healthcare, and Hospice to pursue her passion for lifting others through life's transitions. She completed her doctoral work in Integrative Health Practices & Transpersonal Psychology in 2013 through Kona University in Hawaii.

Dr. Kline Schaffer facilitates individuals, couples, families, and groups in discovering clarity through life changes. Her background in treating individuals coping with trauma, chronic pain, and terminal illness has helped her evolve successful approaches with integrative medicine, non-pharmacological pain management, and solution focused therapies to treat the whole person. She individualizes treatment goals with all clients to attain optimal results and achieve their highest potential. Her comprehensive, person-centered approach is ignited by her love for all people.

She has been recognized by a U.S. Congressman for her work with individuals, families, and groups coping with trauma and grief. **Dr. Kline Schaffer currently takes referrals for children, adults, couples, families, and groups;** she has embraced serving others in full time private practice since 2008.

Dr. Kline Schaffer balances her life by sharing time with family, breathing in nature, practicing pranayama, yoga, tai chi, meditation, and mindfulness, hiking to waterfalls, being an avid cyclist, and expressing creativity in her art and yoga studios.

Celeste Mendez



Celeste Mendez is a Board Certified Psychiatric Mental Health Nurse Practitioner. She has worked in the mental health field since 2009 and is excited to walk with during their struggles and difficult times in life. She has worked in Home Care with the Developmentally Disabled children and adults, in acute care, nursing instructing, and at the Institute of Living, an Ivy League Psychiatric institution. She has a passion for helping others and giving them the tools to overcome life's challenges.

She is actively involved in her churches and serves in the women and children's ministries. In her spare time, she enjoys spending time with her family, traveling, boating, and volunteering at a local horse farm. **Celeste Mendez is currently taking new referrals for comprehensive psychiatric evaluations based on referrals of our approved clinical professionals that we have an established relationship with, for optimal therapeutic benefits.**



Megan Black



Ms. Black is a Licensed Independent Clinical Social Worker with a Master of Social Work degree from Valdosta State University. Her graduate training included internships working with Veterans in a Veterans Affairs Clinic and service with the aging in a Skilled Nursing Facility. Since then, she has spent more than 4 years providing individual and group therapy to clients with a range of issues including depression, anxiety, substance use, trauma, dissociation, attachment wounding, grief and life transitions.

She provides EMDR (Eye Movement Desensitization and Reprocessing) Therapy and finds this to be very effective for trauma and a variety of issues. Her extensive background in music has led to a passion to infuse music into her practice as well. She is excited to prepare to attend formal drum circle facilitation training. She will be developing and facilitating therapeutic groups with Stress Management Center that incorporate the use of music, as well as other creative elements, to enhance human connectedness and the healing process. Megan Black is currently taking referrals for individuals, couples, and small group therapy.

Tanika Fields



Tanika Fields has an M.Ed. in Community Counseling, is an LPC, Licensed Professional Counselor, and an NCC, Nationally Board Certified Counselor is intentional in promoting a professional atmosphere where you feel safe, knowing your needs are confidential, and ensuring you are comfortable expressing your truth without judgment. It is her goal to meet people where they are and assist them in exploring solutions to their concerns and achieving their personal life goals. Tanika offers years of experience working with special needs populations and serving in the roles of case management, counseling, and guidance. **Tanika is currently taking referrals for children 5 years old and up.**

I look forward to supporting you in your journey!

Kimberly Taylor



Kimberly has an MS in Human Nutrition, a BS in Dietetics, and is an RD. LD. Registered & Licensed Dietitian. She is an active and practicing yogini and has lead yoga classes in the community for many years. She advocates for optimal health and wellbeing for body, mind, and spirit through embracing daily healthy choices in terms of nutrition, diet, sleep, and optimizing interpersonal relationships.

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly. Kimberly Taylor leads monthly nutritional workshops and webinars on the basics of optimizing health and nutrition through our diet and lifestyle. To register please call our office at 864.225.0792. She is also available for individual consultations based on her availability.



Todd Gomez



Todd S Gomez, LISW-CP, believes that everyone can benefit from mental health support. He provides an open and welcoming space for clients to overcome past hurts, grow as a person, and set new goals. Todd works with adults from 18+ and uses an eclectic approach drawing from Cognitive Behavioral Therapy and solution Focused Therapy. Tod has over 20 years experience as a mental health counselor in both North and South Carolina. He has also worked in private practice.

Areas of interest :

ANXIETY	CRISIS MANAGEMENT
DEPRESSION	LIFE TRANSITION ISSUES
BI-POLAR	LIFE COACHING
STRESS MANAGEMENT	GRIEF/LOSS
INDIVIDUAL COUNSELING	LGBTQIA+ COUNSELING
MARRIAGE COUNSELING	MEN'S ISSUES
RELATIONSHIP COUNSELING	

Todd is currently taking referrals for adults, couples, families, and groups, ages 14 and up.

Jenny Eastin



Jenny Eastin is a Licensed Independent Clinical Social Worker with a Master of Social Work degree from Indiana University. With over 25 years of experience in the field of social work, Jenny has worked in various settings including private practice, hospital, outpatient clinics, non-profit organizations, and hospice (home and inpatient). Among her areas of expertise are working with adults dealing with anxiety, depression, grief, loss, stress, and life transitions. Additionally, Jenny has extensive experience in helping people cope with serious and life-altering medical illnesses, caregiver stress, and end of life issues.

Jenny provides a safe, nonjudgmental and supportive environment that embraces the whole person – mind, body, and spirit. She uses an eclectic therapeutic approach which includes Cognitive behavioral therapy, Mindfulness, Solution-focused, Person-centered and Strength-based. Jenny tailors counseling to each individual in order to bring forth healing, self-discovery, and personal growth.



TAKEESHA SIMPSON JOHNSON



Mrs. Takeesha Simpson Johnson is a licensed Bachelor's Level Social Worker (BSW) and the Comprehensive Health Facilitator for Anderson School District 4. She is currently in the final process of her LPC Internship to become a Licensed Professional Counselor. She also currently facilitates the Women's Grief Group "Meanderings" that meets one Thursday a month from 6:30pm to 7:30pm. Mrs. Johnson will be available outside of her support groups for consultations during her internship.

Mrs. Johnson is a 2007 graduate of Greenville Tech with an Associate of Arts/Emphasis in Photography degree. She is also a 2011 graduate of Winthrop University with a Bachelor's degree in Social Work. She finished her Master's degree from Webster University in Clinical Mental Health in June 2016.

Mrs. Johnson has an affinity for supporting families and adolescents by helping them navigate through life transitions. She also embraces women's issues and is a strong advocate for school aged students to cope with developmental issues, identify enhanced coping skillsets, as well as cope with life adjustments and for families dealing with grief issues.

In her free time, Mrs. Johnson enjoys going to church, spending quality time with family, shopping, swimming, and taking pictures. She also enjoys making people smile and helping make a positive impact in the lives of both youth and adults. She has a passion to serve others just as Jesus did the same for us. She is driven by her faith with a non-judgmental sense of acceptance of all people and a heartfelt joy in pursuing hope. She is married to the wonderful Eddie Johnson and the mother of two beautiful children with a third on the way.

Ted Koumoundouros



M.D., Ph.D.

Dr. Koumandouros is trained in Emergency Medicine, Family Medicine and Pathology. Currently he is a medical doctor serving as a General Practitioner, and Primary Care Physician with the V.A. Clinic. He also has a Doctorate Neuropathology with a minor in Neurogenetics. He serves in the Army National Guard & has been active for 37 years. He has served multiple combat tours in Afghanistan, Iraq, Jordan and Syria. His Bachelors of Science is in Molecular Genetics with a minor in Modern Greek. His passion for learning & serving others has oriented him to advocate the mission of Fernview Center by becoming engaged in supporting our community in research efforts. He supports individuals and groups in evolving skills & practices for effectively coping with the symptomatology of Post Traumatic Stress, Anxiety & Depression. He also specializes in Counseling individuals & family members dealing with Personality Disorders, focusing his expertise in the area of NPD & Narcissistic Abuse.

In his own life he balances through relaxing & enjoys time off listening to classical music & playing blues on his guitar; as well as cultivating his savory skills in the culinary arts and preparing meals for family & friends.

Dr. Koumandouros is taking referrals for individuals & family members dealing with the issues surrounding PTSD, Trauma, Anxiety, Depression, as well as those dealing with Personality Disorders. He also leads seminars & Workshops in these areas for Continuing Education & enhance awareness & understanding in our global community



Dr. Douglas Hanner



Dr. Hanner, DC, FIANM, CST, was board certified as a Chiropractic Physician in 1995. He was later board certified in orthopedics by the Academy of Chiropractic Orthopedists, and certified in CranioSacral Therapy (CST) through the Upledger Institute. For 23 years, his practice concentrated on treating patients for their neuro-musculoskeletal health complaints, with a focus on spinal rehabilitation. Over time, his interest in Integrative and Functional Medicine grew. He began his studies in Functional Medicine in 2015 and has since completed his work in the ADAPT (Advanced Diagnostic And Personalized Treatment) framework. He now holds the designation of ADAPT Trained

Practitioner from Kresser Institute in Functional Medicine and ancestral health. He is currently completing the Somatic Experiencing Trauma Institute's 3-year program to become a certified Somatic Experiencing Practitioner (SEP).

Dr. Hanner approaches health concerns by obtaining a thorough medical history, the latest in evidence-based lab testing, and physical examination. His philosophy is always to find and treat the root cause of the problem. Functional medicine addresses the underlying causes of chronic health concerns, instead of just treating symptoms, so patients can get well and stay well without unnecessary drugs or surgery.

He is also particularly interested in how the chronic effects of Trauma impact not only our mental well-being, but also our physical well-being. He has seen first-hand how resolving and integrating the effects of trauma in an individual, can have miraculous effects on physical illness. Somatic Experiencing and CranioSacral Therapy are powerful tools in addressing the chronic effects of physical and emotional trauma. They can re-balance and re-regulate a chronically unhealthy and dysregulated nervous system.

Dr. Hanner has practiced in Anderson, SC since 1995. He and his wife Lisa along with their son Jordan and daughter Rachel, enjoy living, learning, working and playing in the Upstate.

John Barnett



Marriage and Family Counselor who Interned with Dr. Heather Kline Schaffer. Master of Divinity, Doctor of Ministry, Founding Pastor of Community Bible Church since 1992.

John grew up in South America (his dad was in international business), New York, and California, and has been in South Carolina since after college. Because of his upbringing, John loves traveling to see and study unique cultures. John feels at ease with different cultures and relates to each one to bring Christ to them. In his down time, you can find John taking a motorcycle trip in the mountains with his wife and friends or hunting and fishing or gardening. John says, "There is nothing

like sitting in a tree-stand meditating and reading to refresh the soul, or the rush of wind as you ride down a country road on a motorcycle to clear the mind and invigorate the heart".

As a pastor, John's spiritual gift and passion is to minister the Word of God so people will experience the grace of God and be drawn into a personal relationship with Jesus Christ. It is his conviction that ultimate happiness and life are found in nothing else but a relationship with God through Jesus Christ and by no merit of our own. It is all of grace. He will be meeting with individuals, couples, and families completing his clinical supervision to becoming licensed as a marriage and family counselor.



Russell Washington



Russell Washington is our newest meditation guide. He specializes in helping people grasp the fundamentals of meditation in a way that helps them sustain the meditative state through a day's ordinary activities and thereby, become more resourceful and creative. His passion is showing people how to open and access resource states at will or on demand so they can thrive through confronting circumstances and/or any creative challenge. He understands this approach is very appropriate given what we face as a human family in these times.

Russell is deeply invested in his soul mission. Which, simply put, is to aid those with a humane, life oriented world view striving to unlock next-level human capabilities in the ways he can. He's the original ascension activist committed to uplift and self-directed evolution for every seeker. His work is rooted in science, spirituality and employs transformational healing modalities. He's trained in applied, environmental systems biology with apprenticeships or certifications in; botanical medicine, clinical hypnotherapy, NLP and cellular psychotherapy on one side and years of experience with shen kung, gnostic metaphysics, reiki and intuitive energy healing on the other. Russell strives to bring a full pallet of love, empowerment and generosity to every class and private session. Russell Washington is available for 75-minute 1-on-1 sessions. To schedule call the office at 864.225.0792.



INTEGRATIVE MEDICAL THERAPIES

DESCRIPTIONS & BENEFITS

FERNVIEW

The practice of breathwork, meditation, yoga, and stress management benefits an individual's overall sense of health and well-being in the following ways:

Physical Benefits	Psychological Benefits
<ul style="list-style-type: none"> ● Builds strength ● Detoxes the body ● Expedites the healing process ● Increases energy ● Lowers blood pressure ● Perfects posture ● Prevents cartilage breakdown ● Protects against arthritis & osteoporosis ● Re-balances the autonomic nervous system ● Regulates adrenal glands ● Revitalizes skin tone & resiliency ● Improves: <ul style="list-style-type: none"> ○ Cardiovascular health & circulation ○ Digestion ○ Health of bones ○ Health of internal organs ○ Health of joints, connective tissues, and ligaments ○ Immune system ○ Lymphatic system ○ Nervous systems ○ Proprioception & sense of balance ○ Range of motion & flexibility ○ Respiratory function ● Relieves: <ul style="list-style-type: none"> ○ Migraines ○ Muscle tension ● Reduces: <ul style="list-style-type: none"> ○ Chronic pain ○ Inflammation ○ Insomnia ● Reduces symptoms of: <ul style="list-style-type: none"> ○ Arthritis ○ Asthma ○ Cancer ○ Diabetes ○ Fibromyalgia ○ Irritable Bowel Syndrome (IBS) & other digestive problems ○ Menstruation & Menopause ○ Multiple Sclerosis ○ Parkinson's Disease ○ Temporomandibular Joint Disorders (TMJ & TMD) 	<ul style="list-style-type: none"> ● Calms the mind ● Encourages self-care ● Enhances mood ● Facilitates adjustment through life transitions bringing normalcy & balance ● Increases self-esteem ● Reestablishes a sense of wellbeing ● Relieves and helps to process symptoms of grief, loss, & trauma ● Improves: <ul style="list-style-type: none"> ○ Addictive behavior ○ Attention span ○ Cognitive ability ○ Connection with self & others ○ Emotional stability & wellbeing ○ Focus & concentration ○ Memory ○ Mental clarity ○ Mindfulness ○ Overall mental health ○ Self-Awareness ● Reduces <ul style="list-style-type: none"> ○ Anxiety & Anxiety Attacks ○ Stress ○ Feelings of hopelessness & sadness ○ Impulsivity & Compulsivity ○ Obsessive thoughts ● Reduces symptoms of: <ul style="list-style-type: none"> ○ Attention Deficit Disorder (ADD) ○ Attention Deficit & Hyperactivity Disorder (ADHD) ○ Bipolar Disorder ○ Compassion Fatigue ○ Depression ○ Dysthymic Disorder ○ Eating Disorders ○ Generalized Anxiety Disorder (GAD) ○ Grief & Bereavement ○ Life Adjustment ○ Obsessive Compulsive Disorder (OCD) ○ Panic Disorder ○ Post-Traumatic Stress Disorder (PTSD) ○ Schizophrenia & Personality Disorders ○ Secondary Post Traumatic Stress



CranioSacral Therapy

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What Is CranioSacral?

CranioSacral Therapy (CST) is a light touch manual therapy that focuses on releasing tensions and imbalances within the body and correcting the flow of cerebral spinal fluid within the head and spinal column. This can soothe pain and release both emotional and physical stress and tension. It is also thought to help restore cranial mobility and ease or release restrictions of the head, neck, and nerves.

Motion is life, and freedom of motion is especially important when it is concerning the deep tissues and fluid that surround, protect, and nourish the brain and spinal cord. Because of this, CST can have profound healing and regulating effects on the Central Nervous System. However, the benefits of CST are not limited to the head and spinal column. It can be used anywhere in the body to release tensions and imbalances, thereby normalizing function, and relieving pain. CST is extremely gentle, so individuals of all ages can benefit from it safely.

According to the Cleveland Clinic, CST may help relieve:

ADD/ADHD
 Anxiety and panic attacks
 Autism
 Brain and spinal cord trauma
 Central nervous system disorders
 Chronic (long-term) neck and back pain
 Dyslexia
 Fascial pain
 Fibromyalgia and chronic fatigue
 Learning disabilities
 Migraines and headaches
 Motor-coordination impairments
 Post-Traumatic Stress Disorder - PTSD
 Scoliosis
 Temporomandibular Joint Dysfunction - TMJD

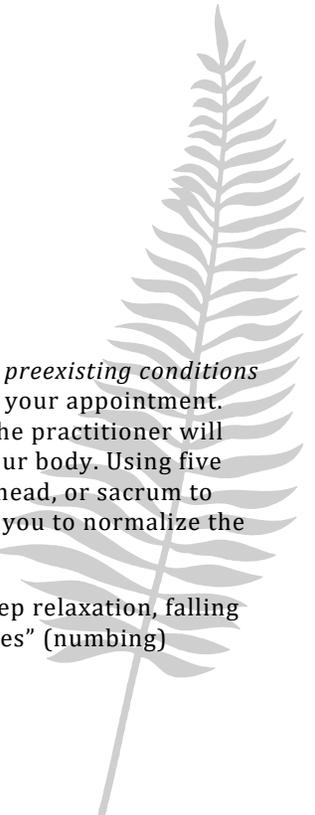
CST may also be part of your treatment for conditions like:

Trauma recovery, including trauma from whiplash
 Mood disorders like anxiety and depression
 Disturbed sleep cycles and insomnia
 Irritable Bowel Syndrome - IBS
 Constipation
 Difficult pregnancies

Procedure and Technique

When you arrive for your appointment, your practitioner will ask you about your symptoms and any preexisting conditions that you have. You will remain fully clothed during the treatment, so wear comfortable clothing to your appointment. Your session will last 55 min, and you will begin by lying down on your back on a therapy table. The practitioner will evaluate you to determine where to begin. This may be at your head, feet, or near the middle of your body. Using five grams of pressure (which is about the weight of a nickel), the provider will gently hold your feet, head, or sacrum to assess their subtle rhythms. If determined necessary, the provider may gently press or reposition you to normalize the flow of the cerebrospinal fluids or use tissue-release methods while supporting one of your limbs.

During the treatment, some people experience different sensations. These may include: feeling deep relaxation, falling asleep, and later recalling memories or seeing colors, sensing pulsations, having a “pins and needles” (numbing) sensation, or experiencing hot or cold sensations.





CLASSES & GROUPS WE OFFER

Basic Breathing through “Pranayama”

“Pranayama” is derived from the Sanskrit *prana* meaning “life force” and *ayama* meaning “control.” This practice of controlled breathing techniques creates a calm & clear state of mind which brings harmony to the body-mind. Yin yoga emphasizes stretching the connective tissue, especially in the joints, by passively holding poses for long periods of time. These elements combine to create a relaxing, gentle class designed to release daily tensions.

Beginners to Advanced Will Enjoy!

Beneficial for alleviating anxiety & depressive symptoms, improving oxygenation & healing of body tissues, and relieving muscle tension, chronic pain, and inflammation.

Relaxation, Release, & Restoration through progressive relaxation with “Yin & Yoga Nidra”

Yin yoga emphasizes stretching the connective tissue, specifically ligaments and tendons in the joints, by passively holding poses for long periods of time. This is a relaxing class where we use props such as blocks, straps, and bolsters to help us achieve a beautiful of stretch of the body & relaxation of the mind. No experience is necessary; this class is a great for every person regardless of mobility.

Beginners to Advanced Will Enjoy!

Beneficial for bringing clarity & peace of mind, relieving stress, lowering blood pressure, and relieving hypertension, muscle tension, chronic pain, and symptoms of asthma & fibromyalgia.

Stress Management through “Sthira Yoga for Balance”

“Sthira” translates as strong, steady, and stable. This class provides an overall stretch and release of tensions, perfect for mid-day relief, by allowing the body & mind to relax, re-balance, and refocus. This is a time to release and renew as you clear out tensions. Allow yourself to be inspired as you gently attain a greater balance in your own physiology & psychology. No experience is necessary, just an open heart & mind.

Beginners to Advanced Will Enjoy!

Reduces symptoms of depression, restores sense of hope, elevates mood, rebalances autonomic nervous system, heightens ability to focus, improves attention span, and restores equilibrium in the body & mind.

Body & Mind Connection through “Vinyasa Flow Yoga”

“Vinyasa” literally means “to place in a certain way.” These classes are composed of a steady flow of yoga postures linked with the breath in a successive series to promote fluid, continuous movement between poses. As we move with the breath, we come into a rhythm that deepens our focus & awareness. Vinyasa emphasizes flowing movements to develop strength, flexibility, and discipline while detoxifying the body and calming the mind.

Beginners to Advanced Will Enjoy!

Enhances overall sense of wellbeing, reduces symptoms of hopelessness and depressive features, reduces overthinking & anticipatory anxiety, improves flexibility, tones muscles, relieves muscles tension, and improves digestion.



Meditation

Meditation is a time of both body & mind relaxation. Research studies have repeatedly proven the overwhelming benefits of a simple meditation practice. Just by taking time to be mindful and relieve your daily stresses, you can reduce chronic pain, anxiety, depression, and so much more. We suggest you wear comfortable clothing, and you may also wish to bring a blanket or cushion as we will be seated on the floor. *All meditation classes are free of charge!*

Proven to enhance one's sense of well-being, improves cognitive functioning, rebalances the immune system, lowers high blood pressure, and restores autonomic system functions.

Tai Chi Meditation

Tai Chi is a soothing time of regenerative relaxation. A meditation in motion, this gentle practice is designed to help you find inner peace. Through breathing and fluid, gentle movements we will peacefully restore and re-balance a healthy focus throughout the body & mind. No experience is necessary, just come with an open heart & mind, ready to release any tension in this gentle, meditative class. We suggest you wear comfortable clothing and bring a water bottle if desired.

Improves cardiovascular & circulatory systems, enhances mindfulness, and reduces arthritic symptoms, joint pain, and inflammation.

Mindfulness Meditation Skills Group

An introduction to mindfulness and an orientation to cultivating skills to relax & refocus in daily living. This open group will help you to ground, center, and achieve more balance in life.

"ME"aningful Expressions Expressive Arts Therapy Group

An Expressive Arts Group meeting monthly to share & exchange opportunities where we can utilize the arts can provide support in balancing our life in healthy ways.

The Art of Living Well: Skills Practice & Stress Management & Self Care *for Patients & Caregivers*

A weekly skills practice in person or online discovering the truth of living well through a discussion and practice honoring the body & the breath. Basic Stress Management & Self Care techniques will be shared to help individuals develop their own practice in the art of living well to optimize health & wellbeing.

Meanderings

Women's grief series one Thursday each month at 6:30pm to 7:30pm. *Please see the online schedule for available dates.* This is a time to release & share feelings of loss and be supported throughout the grief process.

This is an open group please call 864..225.0792 to register.

Individual Session - Yoga, Meditation, or Tai Chi

Schedule one-on-one or a small group session with an instructor to receive an individualized assessment & develop a personal practice to meet your own personal goals.

To optimize space in our peaceful studio looking out into the forest, please Pre-Register at fernviewcenterforwellbeing.com. Thank you!



FERNVIEW

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Integrative Medicine, Classes, Groups, & Continuing Education

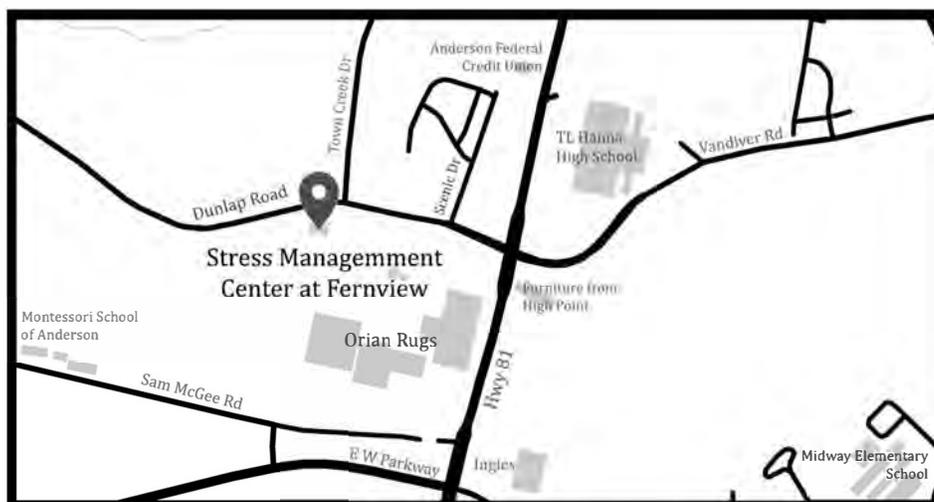
The Fernview Center for Well-Being has evolved over the last decade as a place of acceptance, support, and healing for any individual seeking awareness and growth through life's transitions. We are committed to providing a peaceful refuge for the enlightenment and growth of mind, body, and spirit. Through psychotherapy, educational programs, and integrative medical therapies, we aspire to promote the health and wellness of all beings and our environment.

Integrative therapies we offer:

- Aromatherapy
- Autogenic Training
- Biofeedback
- Breathwork
- CranioSacral
- Functional Medicine
- Hypnosis
- Meditation
- Mindfulness Based Ecotherapy
- Progressive Relaxation
- Somatic Experiencing
- Reiki, Tai Chi & Yoga

Ninety percent of the time counseling with a caring, objective individual helps us reflect and bring clarity to our personal transitions that facilitate a positive outcome!

A 2016 Harvard Study revealed that positive psychology with practice in breathing, meditation, yoga, and integrative medical therapies saved an average of 43% on medical costs!



We are located at 1115 Dunlap Rd. Anderson, SC - 1,000 feet off Hwy 81, across from the TL Hanna High School and behind Orian Rugs.

For all inquiries regarding groups, meditation, tai chi, yoga, or CEU workshops visit fernviewcenterforwellbeing.com.

Functional Medicine evaluations, CranioSacral or Somatic Experiencing- discoveridealhealth.com

FERNVIEW

1115 Dunlap Rd. Anderson SC 29621

Office# 864-225-0792 Fax: fax@fernviewsmc.com Email: office@fernviewsmc.com

REFERRAL FORM

For Stress Management Center, please call us, and we will take your referral via form & connect you with our patient portal online, or fill out this referral form. You can call the office at 864.225.0792.

Patient Name: _____

Date of Birth: _____ Male/Female Marital Status: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

Home Phone#: _____

Cell Phone#: _____

May we leave a message? Yes/No

May we leave a message? Yes/No

Guarantor (if patient is under 18 years old): _____

Insurance Company: _____ Benefits Phone#: _____

ID#: _____ Group or Plan Code: _____

Name of Policy Holder: _____ Employer: _____

Relationship to Patient: _____ Policy Holder's Date of Birth: _____

Referring MD,NP,orHRRep: _____ Office Phone: _____

Patient Diagnosis/Primary Issue:

Please fax completed form to email to fax@fernviewsmc.com/call to alert us of your referral at (864) 226-3968. We will call the patient & schedule the appointment. We do need this form completed for scheduling.

Date & Time of Appointment: _____

Therapist: _____

Fernview Center For Well-Being



Fernview Center for Well-Being evolved over the last decade as a place of acceptance, support and healing for any individual seeking awareness and growth through life's transitions. We are committed to providing a peaceful refuge, for the enlightenment and growth of mind, body and spirit. Through Psychotherapy, Educational Programs and Integrative Medical Therapies we aspire to promote the health and wellness of all beings and our environment.

Research studies have comprehensively demonstrated the optimal benefits of engaging in health practices to balance the body and mind coupled with traditional western medical treatments. This is Integrative Medicine at its Best! Regular practices of relaxation & stress management techniques including Progressive Relaxation, Meditation, Reiki, Tai Chi and Yoga have clearly shown to promote an overall improvement in health and well-being.

In addition to the opportunities through Fernview Center for Well-Being, we have onsite eight fully licensed counselors to help individuals through private sessions at our Stress Management Center. Please visit our website for more information about private sessions, group classes, and CEU workshops.

- Heather Kline Schaffer, PhD.
Founder & Integrative Medical Director



www.fernviewcenterforwellbeing.com

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