



Welcome

Stephen Hudecki,
Sound Mind Therapies

Stephen is a clinically trained Therapist, currently completing a MA in Spiritual Counseling at Wilfrid Laurier University. He has completed a year of studies in Gestalt therapy, a one year residency in the Spiritual Care department of Hamilton's St. Joseph Hospital and deep and abiding practice in mindfulness living. Stephen also holds a certificate in Addiction Studies from McMaster University. He is a long time musician and music producer and has combined his wealth of skills and long-time mentoring with Gary Diggins in a therapeutic modality known as sound therapy.

Sound Therapy is an innovative psychotherapy for groups and individuals, of all ages. It uses *traditional talk and solution-focused therapy* combined with the use of instruments, voice and mindfulness to promote self-awareness, connectedness, imagination and sound mental health. This 'integrated' approach merges the conscious and the unconscious in order to problem-solve, enabling individuals and groups to access creative solutions to their challenges. His unique therapeutic approach accesses both left and right sides of the brain to become fully engaged during the process.

Individual therapy is focused on the patient's specific needs and the individual is guided and supported through challenging issues. Stephen's work is helpful in managing the sometimes overwhelming pace of today's world and he works successfully in the management and resolution of anxiety and depression, acute and long-standing grief, many forms of abuse, addiction, issues of self esteem and restoring or maintaining good mental health .

He has shared his powerful and playful approach with private clients, hospital patients, workplace staff, students of all ages, medical clinics, hospices, community drum circles, singing circles, addiction clinics, seniors centres and, retreat centres. His academic research on sound therapy will be available at www.soundmindtherapies.com soon.

**Stephen is available for personal consultations in the clinic on Tuesdays from 12-8pm and on Saturdays from 10am to 4pm beginning Tuesday October 5, 2010.
Stay tuned for in-house groups, or enquire about starting your own!**

