

## What Clients Have Said

*Bea Haskins gave me encouragement and viable solutions to resolve my problems, conflicts and fears; helped me develop and improve my life coping skills; opened doors to self-discovery; and promoted inner healing. Bea is an understanding and compassionate confidant.*

Bonnie Gallo Minkler, Baltimore, MD

*Bea was my partner and guide. She has an ability to draw out my experiences in a way that shows who I am and what I can do to improve myself. Bea taught me that I am in charge of my own healing, and she helped me get back my life.*

Diane Ullius, Arlington, VA

*I never thought I would go through a mid-life crisis, but with Bea's coaching it has actually been a life-affirming, exciting experience! I am grateful for her expertise, her support and her uncanny ability to assess when I need to discover things for myself and when I need direction. She has helped me cope and grow as I deal with a career change, the end of a relationship, caring for a parent and sending a child off to college. I feel very fortunate to have Bea as a life coach!*

Susan DeFrancesco, Albuquerque, NM

*Biofeedback is a scientific method that helps me by improving my decision-making and problem-solving abilities, both personally and professionally. It helped me get in touch with what was going on within me intellectually, emotionally and spiritually. I think I am living a more balanced life thanks to Bea's biofeedback.*

Dave Goetz, Warrenton, VA

## Beatrice W. Haskins, MS

**Counseling for Health & Wellness  
and Coaching for Personal Growth**



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**Turning Challenges into Opportunities**

**Counseling for  
Health and Wellness  
↻ Coaching for  
Personal Growth**

**Beatrice W. Haskins, MS**

**Coaching for Personal  
Growth:  
Become "unstuck"  
Move forward  
Achieve life-improving  
goals**

**Counseling for Health &  
Wellness:  
Manage physical and  
emotional symptoms  
such as insomnia and  
anxiety with stress  
management and  
relaxation techniques.**



**Turning Challenges  
into  
Opportunities**

## What Are “Health and Wellness?”

**Health** is more than the absence of illness. It is a balance between the mental, physical, emotional and spiritual aspects of ourselves.

**Wellness** is a state of being. People who have achieved wellness realize that everything they do, think, feel and believe has an impact on their health. Striving towards wellness is a decision to move toward optimal health and to achieve your highest potential.

## Turning Challenges into Opportunities

Bea Haskins believes that illness and disharmony provide opportunities to learn more about ourselves and to make choices that positively effect change. The programs build on your strengths, so that you can achieve the balance and harmony of health and wellness.

You can count on a professional environment in which it is safe to reveal and discuss emotionally significant life events. Your active participation in counseling is as a student/client, not as a patient.

## Coaching for Personal Growth

Coaching for Personal Growth is a technique to help you turn obstacles into opportunities, achieve your goals and accomplish your dreams.

Coaching for Personal Growth, sometimes called Life Coaching, helps people to better understand themselves: your true passions, priorities, desires, beliefs, values and talents.

Life coaching assists you to overcome self-imposed obstacles, get unstuck and move on with your life, fulfilling your own established goals. Coaching for Personal Growth can be done in person or by phone and email.

## Counseling for Health and Wellness

Using the principles of biofeedback therapy and stress management counseling, you can learn to facilitate your own healing and achieve optimal health. You can prevent the onset of stress-related ailments, reduce or eliminate troublesome existing symptoms and expand your coping skills.

Using techniques from years as a biofeedback therapist, but without the actual biofeedback equipment, Bea Haskins will help you learn to manage stress and pain. With the ultimate goal of helping you apply coping skills to the big *and* small problems of everyday life, this method of counseling facilitates self-observation. It provides an attitude of mastery, making you more aware of your own role in health and illness.

## Stress Management

A moderate amount of stress challenges people to do their best. However, chronic stress, either physiological or psychological, depletes your ability to perform well, and causes illness or inadequate functioning in everyday life.

The key to successfully managing stress is not to eliminate it, but to learn how to better manage your responses to stressful situations. With practical, professional guidance, you can learn how to relax, change unhealthy attitudes and cope with life's pressures.

Your *stressors* might include work, family and other interpersonal relationships, finances, perfectionism and high expectations of yourself and others. *Signs of stress* include burnout and inefficiency, fatigue, overeating and substance abuse, inability to concentrate, constant worrying, headaches, nail biting or fidgetiness. *Strategies for managing stressors* are more effective than strategies for tolerating them. They include lifestyle changes and interpersonal skills development or improvement.

The stress management program develops awareness about the connection between emotional and physical tension. It utilizes coping techniques, biofeedback, time management, muscle relaxation, deep breathing, simple techniques to relax the mind and body and quick stress stoppers.

## Beatrice W. Haskins, MS

Beatrice W. Haskins, M.S., is a certified biofeedback therapist who was in practice in the Baltimore area for almost 25 years. Now living in Hanover, PA, she is accorded the status of "Emeritus" from the Biofeedback Certification International Alliance, and is currently the Executive Director of the Mid-Atlantic Society for Biofeedback and Behavioral Medicine, for which she also previously served as president.

For more information about Bea's services, Counseling for Health and Wellness, Stress Management or Coaching for Personal Growth, or to schedule an initial consultation, please call 717-637-6518.



