

## 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

*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

*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, Baltimore, MD

## Beatrice W. Haskins, MS

Beatrice W. Haskins, M.S., is a certified biofeedback therapist who has been in practice in the Baltimore area for almost 25 years. She is accorded the status of "Senior Fellow" from the Biofeedback Certification Institute of America, and is a past-president of the Mid-Atlantic Society for Biofeedback and Behavioral Medicine.

For more information about biofeedback therapy, stress management or coaching for personal growth, or to schedule an initial consultation, please call 410-525-0885.

## Beatrice W. Haskins, MS

### Counseling for Health & Wellness



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Turning Challenges into Opportunities

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

### Biofeedback & Stress Management

#### Counseling:

Tension headaches

Fibromyalgia

Low back pain

Myofascial pain

Muscle spasms

TMJ/TMD

Bruxism

Migraines

Hypertension

Raynaud's Disease

Anxiety

Insomnia

PMS

IBS

Sleep Disorders

### Coaching for Personal Growth:

Become "unstuck"

Move forward

Achieve life-improving goals

## Beatrice W. Haskins, MS

Turning Challenges into Opportunities



## Counseling for Health & 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.

## Personal Growth Counseling

Through **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.

**Coaching for personal growth** is another technique to help you turn obstacles into opportunities, achieve your goals and accomplish your dreams.

## Biofeedback Therapy

Biofeedback enables people to manage stress and pain by understanding their biological functions. With the ultimate goal of helping you apply coping skills to the big *and* small problems of everyday life, biofeedback facilitates self-observation. It provides an attitude of mastery, making you more aware of your own role in health and illness.

Biofeedback can wean patients from painkillers, tranquilizers and over-the-counter medications. It is painless, safe, effective and non-invasive. Biofeedback therapy is *the* treatment of choice for Raynaud's Disease/Syndrome and *a* treatment of choice for muscle contraction ("tension") headaches, migraines, IBS, hypertension and many other problems.

### How Biofeedback Can Help

**Migraines. If you can prevent the chain of events that cause a migraine to start, you can prevent a migraine.**

**Tension headaches. Often, you don't know you are tense until it is too late and you have a headache. You can learn to know what it feels like when the muscles are just starting to contract and learn what to do to relax the muscles and prevent the headache.**

**Neck and body pain can come from sustained muscle contraction. Many times in the case of an injury, people compensate with postural changes to reduce the pain. Muscle relaxation, along with postural re-training, can be used before the pain becomes severe.**

**Anxiety and panic attacks can be managed on a daily basis, using a variety of relaxation skills and behavioral techniques learned through biofeedback.**

## 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.

## Coaching for Personal Growth

Coaching for Personal Growth, sometimes called Life Coaching, is generally done without biofeedback, and 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.