

It's Never Too Late To Start Living Your Life with More Power and Purpose!

- Enhanced Awareness
- A Deeper Sense of Your Unique Life Purpose
- Increased Feelings of Authenticity
- More Satisfying Relationships
- Greater Self-acceptance and Compassion
- A Healthier, Happier, and More Meaningful Life

“ My work with Dr. Feld has been a transformational experience! Through her expertise in guided imagery and her focus on the bigger picture, I was able to shift a deeply-rooted pattern of thinking, move forward independently, and have several significant breakthroughs that have transformed my life forever.”

S.M., Teacher and Doctoral Candidate

T r a n s f o r m a t i o n

Sensitive, Insightful, Practical...

Sheva Feld, Ph.D., a clinical/organizational psychologist, has helped thousands of her clients discover their unique path to greater self-awareness and personal well-being. Dr. Feld helps a wide range of clients develop effective coping and leadership skills by helping them more fully recognize their strengths and achieve self-acceptance. Her work focuses on the discovery and integration of one's deepest personal values into their mental, physical, and spiritual life.

Upon completion of her Master of Science degree in Counseling, Sheva worked as a school psychologist. She helped identify students' needs, and consulted to teachers, parents, and administrators. After receiving her Doctorate in Psychology, Sheva coordinated the EAP (Employee Assistance Program) for the corporate headquarters of Pacific Gas and Electric Co. in San Francisco. There she created a variety of services including: management consultation, emotional and behavioral assessment, crisis intervention, and workshops on such topics as dealing with stress, change, and conflict management.

Since establishing her own practice, Sheva has worked with individuals and groups. Corporate clients have included PG&E, Chevron, Bell South, and the Veterans Administration Hospitals. She has appeared on television and in news articles as an expert on stress, and interpersonal dynamics of men and women in the workplace. Sheva has also been presented on radio as the spokesperson for a national research project on the American Woman.

Sheva continues her spiritual and psychological journey as her commitment to personal and professional growth. Since sustaining a personal trauma and growing from her experience, she has led workshops in which she teaches from a metaphysical as well as psychological perspective. Sheva is also passionate about raising her teenage daughter and living in the beauty of the San Francisco Bay Area.

Sheva Feld, Ph.D.

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S O A R I N G*

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Offices in San Francisco & Marin

Workshop locations vary

www.asksheva.com

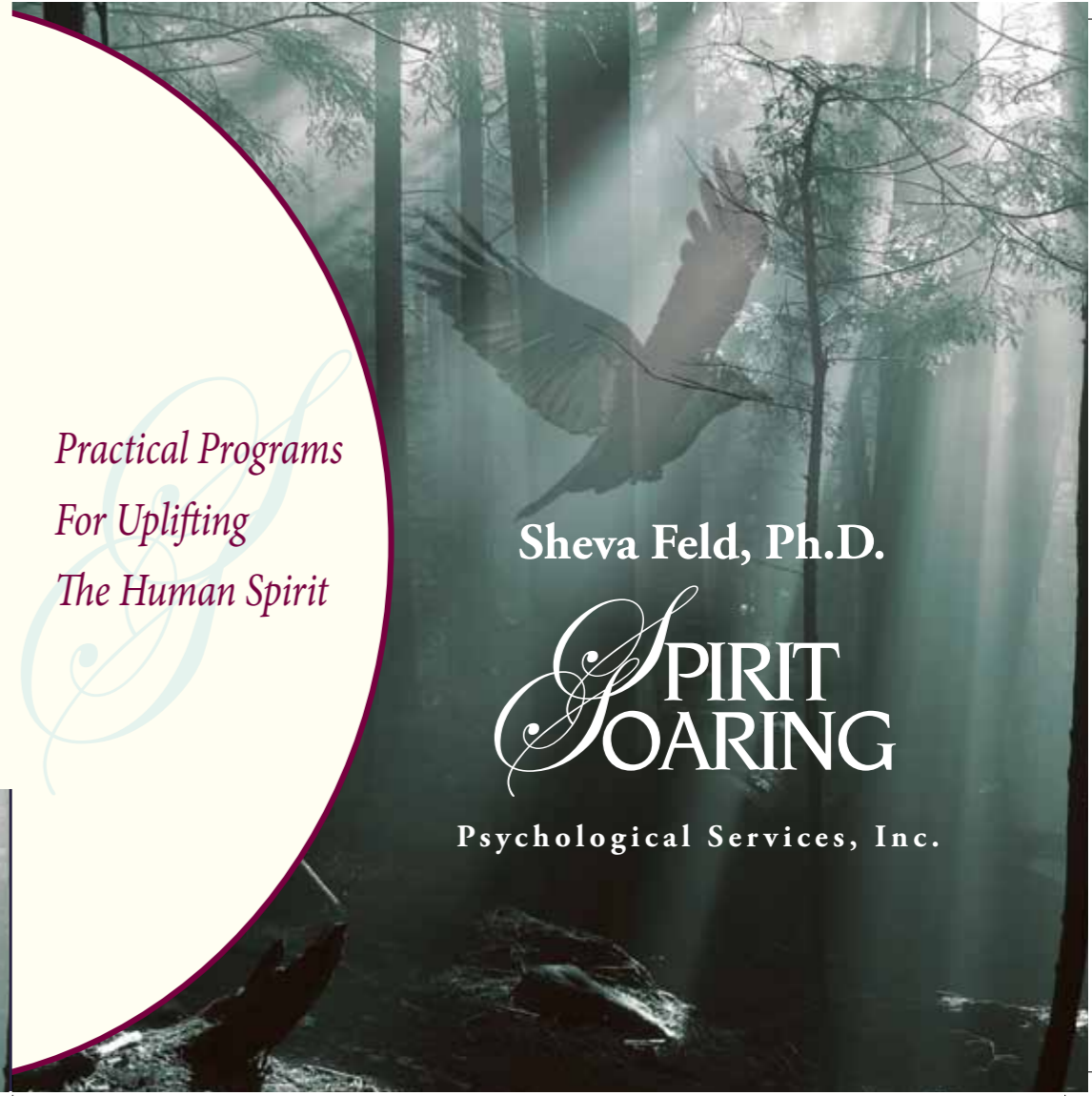
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*Practical Programs
For Uplifting
The Human Spirit*

Sheva Feld, Ph.D.

*S P I R I T
S O A R I N G*

Psychological Services, Inc.



"I am a whole and confident person—the real me—because of the time I spent with Sheva and the practical guidance she provided. She is the perfect balance between the practical and theoretical."

**S.B.,
Director
of Operations**

Discovering Your Authentic Self Leads to Enhanced Personal Power

SERVICES INCLUDE:

Individual Sessions:

Dr. Feld includes cognitive-behavioral interventions, Interactive Guided Imagery, Regression Therapy, and transpersonal psychology in her approach. You will identify emotional blocks and shift ineffective patterns to align your actions with your dreams.

Couples Counseling:

Sheva facilitates clear communication to improve a partnership, mediate differences, or dissolve a non-constructive relationship in a healthy manner.

Also appropriate for business partnerships.

Executive Coaching:

Sheva helps you navigate the challenges of professional life, clarify values, identify goals and increase your overall effectiveness.

"I view Dr. Feld as my career and life coach. She evokes insight and provides me with practical tools to enhance my relationships and deal with conflict in both my career and personal life. Her wisdom and compassion has helped me to flourish."

R.V., Senior Vice President



By learning to grow from our unique life challenges and embracing our experiences, we increase our compassion, commitment, and confidence. With greater self-acceptance we can live our dreams, and affect others and our surroundings more positively.

I have combined thirty years of psychological training, spiritual growth and my personal experiences to create a holistic approach with my clients. I listen with a psychological and spiritual perspective, reflecting back my perceptions. This style helps my clients gain a deeper understanding and appreciation of themselves and what it means to be human, which leads towards a state of genuine well-being.

Whether you desire a more satisfying experience of daily life, or want to delve into the deeper questions of life and spirituality, I teach my clients to recognize and unravel from self-defeating patterns of thoughts and behaviors. By working individually or in a group workshop, you will come to experience a more authentic self. My intention is for you to increase awareness and learn practical tools for living a more powerfully self-directed, meaningful, and fulfilling life.

Dr. Sheva Feld

Transformational Workshops and Seminars

Customized to the needs of groups and corporations.

Thriving Through Your Middle Years

Experience midlife with eyes open for opportunity and endless possibility. Transform feelings of vulnerability and aging to a more confident and "sage-ing" self. For ages 40+.

Creating Authentic Relationships

Learn to communicate with honesty and clarity while maintaining integrity and respect for oneself and all concerned. Appropriate for couples, friends, families, and work teams.

Secrets to Living a Balanced Life

Gain tools to increase your stress tolerance, maximize effectiveness and efficiency, and learn to live a happier and healthier life.

Embracing Your Shadow

Unlock, open, and step into parts of yourself that have been repressed or forgotten. Identify and remove blocks that are preventing you from experiencing your fullest potential. Initiate a plan to manifest your desires. For women only, screening interview is required.

The Rewards of Ritual

If you are experiencing a significant life event, transition, or simply a change in direction, we will identify dynamics associated with change and create conscious intention to honor and facilitate your process.

"Dr. Sheva Feld's richly creative and deeply sensitive perception makes her workshops truly outstanding. Her work has my highest recommendation."

**W. Brugh Joy, M.D.,
Author "Joy's Way"
and "Avalanche"**