

## **Reduce Performance Anxiety**

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*"The performance anxiety techniques I worked on with Dr. Clair not only helped reduce the anxiety I had about doing solo performances, they also helped me deal with the anxiety I had during the course of my daily life."*

Katie Wirkner, Oak Harbor High School

*"Renee has patiently taught me many tools that I so gratefully employ regularly, whether it is during practice, when I need to relax and focus in the middle of a hectic day, or before a performance when I need to be grounded to allow my voice the freedom to reach its fullest potential."*

Dani Hummel-Sass, Oberlin Conservatory

The term Energy Psychology may be new to people, but many people are now familiar with TFT, EFT or "Tapping." These are just one of several treatment modalities included in Comprehensive Energy Psychology.

Lynn Karjala, PhD., head of the International Certification Program for the Association for Comprehensive Energy Psychology ([www.energypsych.org](http://www.energypsych.org)), says "Performance anxiety is a form of Post Traumatic Stress Disorder." Dr. Karjala specializes in PTSD and has developed a copyrighted treatment that she teaches. I teach her treatment protocol with her permission. Treatment is effective and teachable.

Education, demonstration and teaching can occur in small to large group settings. I email word files of the treatment protocol to hosts so that participants are able to work on their own after an event.