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Steps to an Ecology of Wellness Program
offered by Dr Ken Silvestri

"And yet the great paradox is that the self is not a fixity but a perpetual fluidity, reshaped by every experience we have: every love and every loss, every person we meet, every place we visit, and every book we read."

—Maria Popova

Dear Friends,

I am again offering my **"Steps to an Ecology of Wellness Program."**

It consists of three 75-minute bi-weekly sessions, using an ecological approach of how your whole person is more than all your parts, which are in relationship and interdependent. Based on my experience as a Psychotherapist, Anthropologist, Homeopath, and Educator, you will receive:

-- A thorough assessment of your past and current emotional/physical state using a Genogram, a three-generational interactive psychological family tree.

-- A homeopathic assessment to find your constitutional remedy based on the gestalt of any and all relevant issues and symptoms.

-- Individualized recommendations consisting of mind and body skills using resources such as mindfulness, breathing, Tai Chi, Qigong, Aikido, etc. that will make a meaningful difference in sustaining your physical and emotional well-being.

"What we perceive easily is difference and change — and difference is a relationship."

—Gregory Bateson

Cost: \$250 payable before each of the three sessions (eligible for out of network reimbursement based on one's coverage). Sliding fees are available based on individual needs.

Please share or call 973-214-0540 or email drkennethsilvestri@gmail.com with questions and to set up appointments (Virtual or in-person in Montclair).

See www.drkennethsilvestri.com for further information about my practice.