

INTERDISCIPLINARY  
MEDICINE providers work  
together to concurrently treat  
clients, complementing each  
other's care.

PSYCHOTHERAPY is a  
relationship between two or more  
people; the PSYCHOLOGIST is  
a highly trained partner, a  
consistent supporter who really  
listens and works to meet clients'  
goals and needs. The relationship  
allows for a comprehensive  
understanding of problems with a  
holistic view, accurate goal setting  
and perseverance, providing  
expanded resources and  
accountability. CLIENTS,  
otherwise successful and  
resourceful, are adjusting to life  
circumstances, sometimes  
including pain, injury or disease,  
that become obstacles on their  
life paths; clients look for  
assistance coping or amending  
thoughts, behaviors and emotions  
for greater comfort and success,  
and for restoring mental and  
physical well-being.

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DURHAM, NC

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## *Harmony Coaching and Psychotherapy*

*Psychotherapy in an  
interdisciplinary  
medical model to  
enhance wellness and  
offer coping skills to  
manage relationships,  
life changes, stress,  
pain or disease*

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JEANNE HERNANDEZ is a licensed clinical psychologist and health services provider with additional degrees in public health and community psychology. A behavioral medicine specialist with an eclectic background and approach, she practiced at UNC Chapel Hill for 30 years and is now in private practice in Durham, NC.

Dr. Hernandez has a long track record in interdisciplinary medicine, taking referrals from area physicians and coordinating individualized patient care in order to provide holistic care that speeds healing and promote wellness. She realizes the importance of the relationship among providers and works to enhance referring physicians' work.

Dr. Hernandez is also a well-trained hypnotherapist, NLP practitioner and Life Coach who has been working for many years supporting clients' paths to being maximally successful and content at work, at home, and in the world.

THERAPY visits may occur in the physicians' or Dr. Hernandez' office; COACHING sessions are often by telephone or in person.

## TREATMENTS INCLUDE:

- \*General psychotherapy for all issues leading to distress
- \*Stress management
- \*Evaluations for bariatric, pump, stimulator or general surgery and for complex medical regimens
- \*Relationship and communication therapy
- \*Life and personal coaching
- \*Comprehensive pain management:
  - Individualized training to minimize and change levels of discomfort
  - Getting to how and why the pain and symptoms upset one's life
  - Letting go of memories or past trauma that accompanies the pain
  - Techniques to refocus and work around pain in order to get back to a productive life
  - Relaxation training
  - Self hypnosis for pain and symptom management

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## HARMONY COACHING'S WORKING PRINCIPLES

Life is full of opportunity even in the wake of adversity. Now is always the perfect time for new learning and positive change, regardless of age and circumstance

We are infinitely more capable and flexible than we thought we were

Our minds, bodies and spirits are one system that can work harmoniously, against all odds

Physical, emotional and spiritual pains are often the pathways to solutions

Our bodies have intelligence and their own sets of memories that sometimes bypass the conscious mind; with insight, we can gain access to our whole selves and to where and how we fit into the world and the universe

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Licensed in NC and CA and accepting most private and government health insurance

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