

**Philip Appel, PhD, FASCH**  
**Integrative Counseling & Psychotherapy**  
**301-602-6250**



*Specializing in health promotion and well-being to amplify the healing process and increase quality of life.*

*Helping individuals deal with the psychological, emotional and spiritual demands of daily life, work and relationships to:*

- ◆ Improve sleep
- ◆ Increase positive thinking and self-talk
- ◆ Promote inner peace and internal harmony
- ◆ Foster resilience and inner strength
- ◆ Develop external and internal resources
- ◆ Access spiritual strengths and self
- ◆ Trust and listen what your body is telling you
- ◆ Respond to stress effectively
- ◆ Increase mental and physical energy
- ◆ Trust in self when confronted with the unknown
- ◆ Be able to make choices wisely and with ease
- ◆ Access inspiration and internal guidance
- ◆ Identify needs and getting them met
- ◆ Decrease suffering
- ◆ Nurture self physically, emotionally spiritually
- ◆ Increase well-being and health

Free complementary initial phone consultation