



HEALTH & WELLNESS



Talk Time with Trish
Archives Available
February 1st 2013: Let Go, Forgive, and Let God: Your Life Depends on It! Part 1

Dr. Trish Forante and Christine Kadin, LMHC, CAP, LPC, Licensed Psychotherapist, and Spiritual Healer, discuss the benefits of forgiveness. While most of us believe that forgiving others is a sign of weakness, the presenter affirms that forgiveness is, in fact, a gift to the self, and to the world. Obstacles to forgiveness will be identified, as well as the practical benefits of forgiving. Pioneering counseling and scientific techniques, facilitating that same process, will be examined. Beyond psychology, the interview will focus on the spiritual insights of the Hawaiian practices of th

[Read more](#)



Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Featured Guest

Guest Image

Christine Kadin, LMHC, CAP, LPC, JD

Christine is a licensed Psychotherapist, motivational consultant, executive and personal coach in private practice in South Florida. She has extensive experience in EAP services, case management and crisis intervention. As a therapist, Christine chooses an eclectic approach, designed to assess and best serve clients' needs. She specializes in chemical dependency, trauma work, and relationships. She uses a rapid trauma reduction technique with PTSD, and abuse survivors, that she has discovered, called OGRT, which typically alters traumatic memories in an instant. She is interested in individual and corporate performance and growth, wellness coaching, transpersonal psychology, cognit

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

