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The Healing Whisper: A Return to Peace
with host **Dr. Mary Anne Chase**
Archives Available
October 21st 2016: The Stress Solution

We interview Dr. Arthur Ciaramicoli about his newest book *The Stress Solution: Using Empathy and Cognitive Behavioral Therapy to Reduce Anxiety and Develop Resilience*. Dr. Ciaramicoli will discuss how using empathy can help get rid of those old negative stories we created about ourselves.

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Featured Guest



Dr. Arthur P. Ciaramicoli

Arthur P. Ciaramicoli, Ed.D., Ph.D., is a licensed clinical psychologist who has been treating clients for more than 35 years. He is a member of the American Psychological Association and the Massachusetts Psychological Association. Dr. Ciaramicoli is a contributor to The Creative Living Foundation, was formerly the Chief Medical Officer of Soundmindz.org and is also in private practice. He has been on the faculty of Harvard Medical School for several years, lecturer for the American Cancer Society, Chief Psychologist at Metrowest Medical Center, and director of the Metrowest Counseling Center and of the Alternative Medicine division of Metrowest Wellness Center in Framingham, MA.

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