

How to schedule online sessions?

1. Go to this website:

<https://www.YourWorry.com>

2. Click the tab that says **Getting Started** and scroll to down to a secure **Client Portal**, which will take you to an online Calendar. Select the box for **Introduction Session**.

3. Schedule a time that is available on the online calendar. Later you will receive a confirmation email or text.

4. After having received a text or email for confirmation of your session you are ready to go to your selected time. Go to your **Client Portal** to begin your video conference with Dr. Cathy.

If you have any questions feel free to email Dr. Cathy at drcathyreimers@gmail.com.



About

Cathy L Reimers, Ph.D.



Cathy L Reimers, Ph.D. is a professional anxiety reduction coach, instructor, and clinical psychologist with more than 30 years experience in counseling and consulting. She holds a CCATP (Certified Clinical Anxiety Treatment Professional) certificate and has been trained in current neuroscience based techniques for treating anxiety, as well as techniques of Mindfulness-Based Cognitive Therapy. She is the author of *The Perfect Family Storm: Tips to Restore Mental Health and Strengthen Family Relationships* and her most recent book, *The Mind, Heart and Soul of Depression: Your Guided Journal For Emotional Healing And Getting To The Truth Of The Matter*.

Dog Mindfulness Program



Techniques to
ease your stress
and anxiety in
participation with
your dog

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Do you suffer from stress, worry, and/or overall anxiety and you want professional help but are not ready or wish to seek therapy or counseling? Then, anxiety reduction coaching may be another option for you. This service is very unique in that it utilizes the Dog Mindfulness Program.



What is the Dog Mindfulness Program?

Dr. Cathy, a clinical psychologist has developed a comprehensive program combining mindfulness techniques and cognitive behavioral methods, which are based upon the latest research in neuroscience. This is a special program that is designed to reduce your anxiety in participation with your dog.

How does it work? The Dog Mindfulness Program is an 8-week online program. The online sessions are 50 minutes in length. Each online session is with Dr. Cathy through video conferencing. Through this series of sessions, you will learn anxiety reduction techniques that are tailored to cue you into positive behaviors and mindfulness through daily exercises with your dog. Your dog becomes a conduit for you to learn and rehearse the given techniques.

Dr. Cathy's friendly interactive approach and the specially designed exercises really help people feel comfortable while acquiring the tools introduced in an enjoyable, easy, and effective way for you to learn how to manage your anxiety. "It's a walk in the park, a dog park of course!"



How does this work with my dog(s)?

At your scheduled time bring your dog to in front of your computer and start the video conferencing. Dr. Cathy wants to meet your dog. Please realize that the exercises you learn for anxiety reduction during video conferencing will be practiced with your dog after the sessions.

How much does it cost?

The thirty-minute **Introduction Session is free** to see if the program is what you expect or need. Each session cost \$140 dollars. You pay when you schedule online for a session on this website:

<https://www.YourWorry.com>