



Dr. Nicola Bird

464 Yonge Street, Suite 210

Toronto, Ontario

Canada M4Y 1W9

Office: 416-960-2054

Cell: 416-275-4012

Website: www.nicolabird.com

Email: Nicola@nicolabird.com

Dr. Nicola Bird is a new generation psychotherapist who successfully pioneered Self-Imaging Therapy™ (SIT), her ground-breaking approach to personal transformation and brain retraining. During her twenty years of practice, Nicola has introduced innovative techniques to help people change and empower their lives. Her one-of-a-kind method gives people the tools to free themselves from negative tapes, limitations, and fears. And the great news: she can work with you wherever you are via Skype or online video. Nicola received her doctorate from the University of Toronto. She has been featured in the Toronto Star, the Vancouver Sun, and Essence Magazine, and has appeared on Lifetime Network and City TV. She is the host of “Out on the Limb with Dr. Nicola Bird” and is the author of “The Boomerang Effect: How You Can Take Charge of Your Life.”

PERSONAL PROFILE



“In the many years that I've been practicing SIT, I've watched countless people transform their lives, starting from their very first session. I've seen people change from anxious to calm, scared to powerful, depressed to motivated, overweight to trim. My clients report more personal control, power, and peace. They learn to be kind and loving to themselves” —Nicola Bird.

Nicola restarted her life at 28. She was then an unemployed single mother of a nine-month old son having just walked away from an emotionally abusive marriage. Although committed to personal growth, she was still stuck in negative cycles. She wanted a mental overhaul, but wasn't getting the results she sought. Her dissatisfaction with the processes available led her to create her own solutions and developed a distinct method for personal transformation.

She saw the benefits immediately. They were so powerful that by applying her techniques she was able to complete three degrees—her undergraduate and two graduate degrees (M.Ed. and Ph.D. from the University of Toronto) in a record 6 ½ years all the while establishing her transformational approach to psychotherapy called Self-Imaging Therapy and raising her son as a single mother.

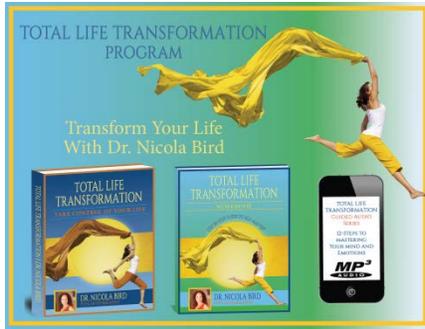
Nicola has discovered through her practice that people have the same ingrained self-defeating responses to fears and challenges. These are deeply embedded mindsets that they rarely know exist but that keep them stuck in the problem they're trying to change. She originated specific techniques to generate positive change that everyone can use to succeed at everything they do.

SELF-IMAGING THERAPY

"Within one session I saw immediate results in my transformation. I would never have expected that I would have transformed so much within one hour of meeting with a therapist. I've had many life changes: deep inner peace, quietness of my chatterbox critical mind, relief of anxiety and depression. I feel so much more powerful" –Kelli K, Filmmaker, Toronto.

Self-Imaging Therapy™ (SIT) is a fresh and exciting new approach to psychotherapy that Nicola pioneered to help people overcome whatever they're struggling with: anxiety, fear, trauma, depression, emotional eating, etc. SIT is a transformative inner process—very much like an active, therapeutic meditation. It achieves maximum results quickly and deeply, because it changes people from the inside out and gives them the tools to heal. It goes deep to the root of the problem and people experience fast and long lasting change in every session.

SIT works because self-images are a powerful tool for creating self-awareness, healing, and change. The mind doesn't know the difference between a real experience and an imagined one. If you vividly imagine yourself eating a juicy fruit (e.g. mango or peach), you will salivate in the same way as you would if you were actually eating it. In the same way, the mind will register and encode the transformations that they experience through the SIT process as "real". People heal and gain strength, confidence, calm, and personal power.



TOTAL LIFE TRANSFORMATION

Dr. Bird's offers two comprehensive "Total Life Transformation" packages so that everyone can access to her approach. You can liberate yourself from struggle, change unhealthy mindsets, and take control of your life with this powerful program. You get long lasting results quickly! www.total-life-transformation.com