

Cathryn Taylor of EFT For Your Inner Child & Soul to be Featured on CUTV News Radio

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/EINPresswire.com/ -- We all desire joy, peace, and success. But what do you when you know you are falling short of your potential, yet have no clue how to change?

You may be trying to heal from trauma, recover from addiction, or simply want your life to work better and be more fulfilling. According to our guest Cathryn Taylor, the answer can be found when you start with your inner child and align with your body and soul.

Cathryn has been a licensed family therapist and addiction counselor for nearly 40 years. She is considered by many to be the “Mother of Inner Child Work,” for her pioneering *The Inner Child Workbook: What To Do With Your Past When It Just Won’t Go Away*. It was one of the first books to link adult challenges with childhood experiences. First published in 1991, today the book is considered a classic in the inner child field, and positioned Cathryn as one of its leading experts.

Cathryn has continued to evolve her approach multi-dimensionally. Cathryn brilliantly combines the latest and most innovative techniques for change with her expertise melding them into an efficient, user-friendly process. This integration includes the revolutionary energy therapy commonly known as EFT, (a self-administered form of acupressure), methods to access past life information, and tenets of the new brain science.

Cathryn’s process connects adult challenges to childhood traumas then takes it a step further by exploring the soul significance of these experiences. According to Cathryn, “A child experiences trauma differently than an adult. As a child we are powerless, a victim of our circumstances. But as a conscious adult, we get clarity. We view past situations differently. Blend in the soul’s perspective, and we begin to see a spiritual opportunity for growth.”



This line of discovery provides the context for healing and moving forward. The active ingredient that ensures successful change is Cathryn's signature EFT Interactive Tapping.

As an integrationist, Cathryn has found the best recipe for her client's success is for her to continually challenge herself to grow and improve. Whatever she experiences that has value she integrates into her work. This keeps her approach fresh. The result is more empowering outcomes for her clients.

Cathryn admits not everyone is ready for her in-depth approach. She equates her process with an emotional and spiritual cleanse. "We remove blockages and replenish with new habits and beliefs."

"I like when people come to me and get what they need from my work, and then continue on their soul's journey," says Cathryn. "I don't take blame or credit. I just facilitate their transformation."

CUTV News Radio will feature Cathryn Taylor in an interview with Doug Llewelyn on June 9th at 11am EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on EFT For Your Inner Child & Soul, visit <http://www.EFTForYourInnerChild.com>

Visit Cathryn's [YouTube channel](#).

Listen to Cathryn's [BlogTalkRadio Broadcasts](#).

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