



**The Virtual Center for
Health and Wellness:**
Advancing the Human Condition



Presents...

A Webinar

HEARTMATH TOOLS FOR THE MENTAL HEALTH PROFESSIONAL

In this training, participants will learn about the science of HeartMath, its applications within therapeutic and personal self-care environments, and techniques for personal use during this webinar. Participants will learn the basics of heart-brain communication, user-friendly tools to improve self-regulation, increase resilience, and expand on interpersonal connection.

The HeartMath Institute has worked with people everywhere to break through to greater level of personal balance, creativity, intuitive insight and fulfillment. To learn more about HeartMath, visit www.HeartMath.org



Eva Benmeleh, PhD

Dr. Eva Benmeleh is a clinical psychologist whose work focuses on unraveling perfectionism in children and adults, cultivating awareness of its negative effects, promoting changes in mindset, and enhancing communication and relationships. Dr. Benmeleh is a Resilience Advantage certified HeartMath trainer and uses HeartMath techniques to enhance inner calm and coherence, enhancing connection and communication between individuals. Dr. Benmeleh is bilingual in English and Spanish and offers services via telehealth.

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**OCTOBER 19TH
12PM-1PM PST**



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