

Who is Dr. Shafer?

Kathryn C. Shafer Ph.D., LCSW, CAP is a licensed psychotherapist, certified addiction professional, certified play therapist, and certified yoga instructor using mindbody, psychodynamic techniques in her private practice. For over 25 years, Dr. Shafer provides psychotherapy, conducts workshops, and teaches yoga in the United States and internationally. As a consultant, she organizes motivational training for staff development, and wellness programming.

Dr. Shafer was diagnosed with asthma in early childhood, and is a trauma survivor (hit by a drunk driver while marathon training). Learning the benefits of mental imagery, yoga, diet, running, and having fun in her own life, Dr. Shafer is the author of numerous publications and integrates these methods into her clinical practice. [Limitless Potentials, Inc.](#), her private practice, is located in Palm Beach Gardens, Florida. Please call for a consultation and visit the website at www.funtherapist.com. Dr. Shafer has taught at several universities, is a graduate of the American Institute of Mental Imagery in New York City, and the Mindbody Institute at Harvard, and is a founding member of the Solution Focused Therapy Association. Her work has been featured on television, radio talk shows, and international conferences.

Call Limitless Potentials to make an appointment and for more information:

(561) 799-6789 • Fax (561) 799-6792

**e-mail: Kathy@drshafer.org
www.funtherapist.com**

Fun™ is a trademark of Limitless Potentials, Inc.

Limitless Potentials, Inc.
600 Sandtree Drive, Suite 202-C
Palm Beach Gardens FL 33403



Limitless Potentials, Inc.



presents
the
Fun™
Program

Psychotherapy and Mindbody Education For Ageless Living

Created and Developed by:

Kathryn C. Shafer Ph.D.
*Licensed Clinical Social Worker
Certified Addiction Professional
Certified Play Therapist
Certified Yoga Instructor*

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Services Available at Limitless Potentials:

Limitless Potentials provides private psychodynamic psychotherapy, career coaching, yoga instruction, and mindbody education. Clients obtain guidance in healing and coping with many life challenges:

Grief and Loss, Panic Attacks, Stress Management, Depression, Self Esteem, Domestic and Sexual Violence, Marital and Family relationships, Work and Employer Disputes, Exercise and Fitness Education (yoga and marathon training), Alcohol, Drug, and Medication addiction (teen and adult), PTSD and Trauma (accidents, disasters), Chronic Health issues (cancer, asthma), Preparation for Surgery, Weight Loss and Gain (Obesity, bulimia, anorexia), Aging, Caregiver Planning, and attachment issues in children (play therapy).

What is the Fun™ Program?

The Fun™ Program is a three week self designed healing program created by Dr. Shafer. Fun™ challenges Dis-Ease thinking: beliefs you hold about yourself, life, illness, change, relationships, addictive behavior, and stress. Seeing problems as new opportunities and challenges for learning frees one to see the “Limitless Potentials” life has to offer.

The Fun™ approach consists of three concepts:

- ★ **Focus** Stop and identify the beliefs that are limiting you; (pay attention!);
- ★ **Undo** Take responsibility and reverse the beliefs about life that you yourself are creating (challenge thinking, consider options);
- ★ **Next...** Now aware of what you thinking and seeing, what will you do with this new awareness about yourself? Do something different to create new habits for living.

In Other Words, Bring Some

Fun™

**When you bring the body and do “the work” the mind will follow—
shift happens!**

(It's not how much you think, it's what happens when you do.)

Fun™

The Guide For Ageless Living

- Y N Focus—I pay attention to what I am thinking about every second.
- Y N Undo thinking: I challenge beliefs.
- Y N Now I am living as I want.
- Y N I exercise daily.
- Y N I am loving.
- Y N Daily meals are nutritious.
- Y N I smoke.
- Y N I drink alcohol daily.
- Y N I take prescription or over the counter medication.
- Y N I sleep 6-8 hours every night.
- Y N Current events are important to me.

Recipe for Fun™ = C³

Courage

*Willingness to try something different
(this isn't working)*

Change

People, places, things, (identify options).

Commitment

*Duration (Do it! It takes 3 weeks to
change a habit).*

What Do You Do For Fun?™ or How Does it Work?

Learning Fun™ instructs ways to identify and correct beliefs and habits that are expressed in physical symptoms, behaviors, or the destructive emotions. Learning about “the committee” and self-directed exercises, is a program of self-discovery that links to personal healing and transformation.

In session, understand and learn about life dis-eases by saying whatever is on your mind. Talking with Dr. Shafer in therapy reveals the story of your life, one chapter at a time. Talking about life events in an emotionally significant way allows relief for healing and correction. Sharing memories, dreams, sexual life, and thoughts and feelings about therapy provides insight, acceptance, comfort, and steps for behavior change.

Who Can Use the Fun™ Program?

Anyone who wants to! Just do something different and “see” what happens!

Using this method heals physical illness, deletes emotional obstacles, and signals interactions with “the committee” (inner chat room challenges) that prevent living life freely. Life lessons express themselves in physical, emotional, and spiritual dis-ease. Individual, couple, family, and group counseling integrates direct, and fun choices for immediate shifts in thinking and action. Clients use mental imagery, dream reading, yoga, diet, breathwork, and the benefits of incorporating the use of the Fun™ program for ageless living.

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