

THE BREATHING CLASS

Increased Productivity | Reduced Staff Turnover
Greater Job Satisfaction | Higher Morale Among Employees

Mindfulness and Stress Reduction Workshops

What is The Breathing Class?

Part lecture, part interactive exercises, The Breathing Class is a stress-reduction and mindfulness class that focuses on oxygenation and relaxation. It was initially developed by working with operations and military personnel, and mixed martial artists.

It is a lung workout that:

- Energizes you long term by fueling you with oxygen at a cellular level
- Enhances focus, mental clarity, and mood
- Leads to better sleep and higher immunity
- Lessens anxiety and pain

The Breathing Class is the ultimate natural cure for stress and fatigue.

In this workshop you will identify your own dysfunctional breathing patterns, benefit from immediately applicable exercises, and leave feeling relaxed and refreshed. The Breathing Class teaches you how to breathe in an anatomically congruous way that maximizes inhales and exhales, lung expansion, and ribcage flexibility.

Workshop Topics

- Type "A"/High Stress Professionals
- Stress Relief
- Disaster Relief
- Crises Intervention
- Weight Loss
- Trauma/Healing
- Sober Living/Recovery

Workshop Topics Personalized

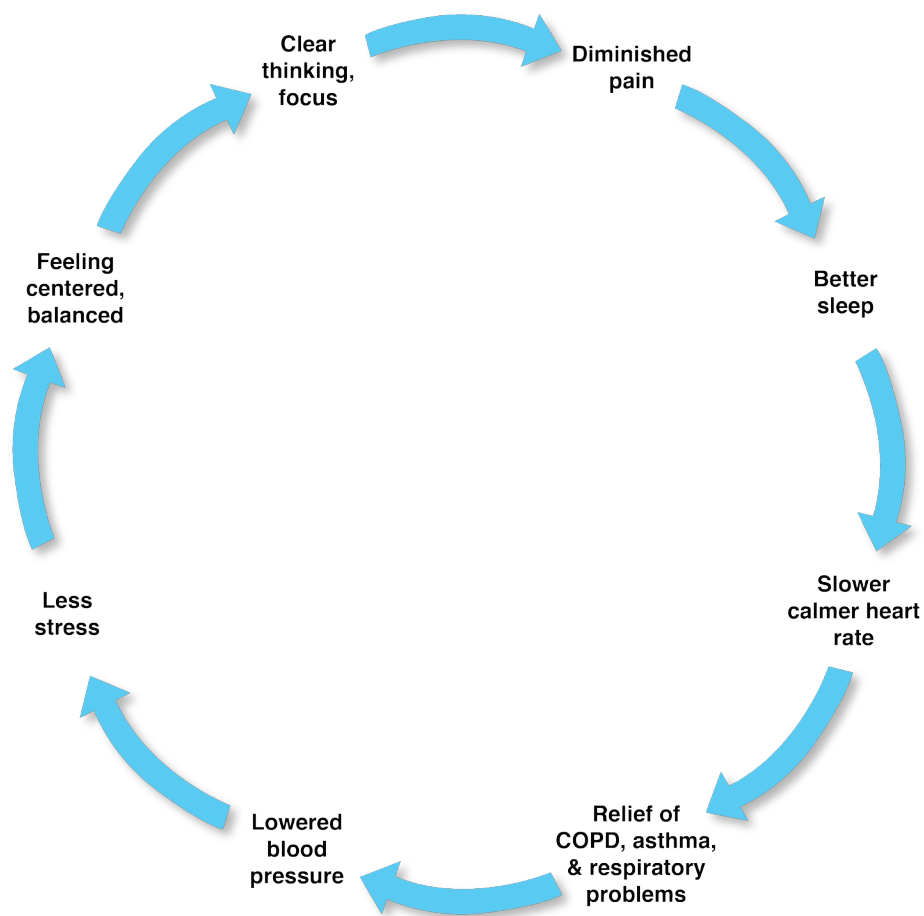
- For Moms
- For Dads
- For Families
- For Law Enforcement Personnel
- For Military Personnel
- For Athletes

What To Expect

A short lecture on anatomy, psychology and emotional well being followed by interactive instruction for breathing exercises, and an uplifting and fun “active” meditation breathing practice. The lecture might include PowerPoint or visual aids. Workout clothes not necessary; non-constrictive comfortable clothes that allow for freedom of movement suffice.

Dr. Belisa is readily available by phone and email for any concerns that might arise between sessions related to the meditation, stress, mental health or any issue of psychological/ emotional well being.

You can expect to experience both immediate and delayed positive responses to oxygenating your body and relaxation:



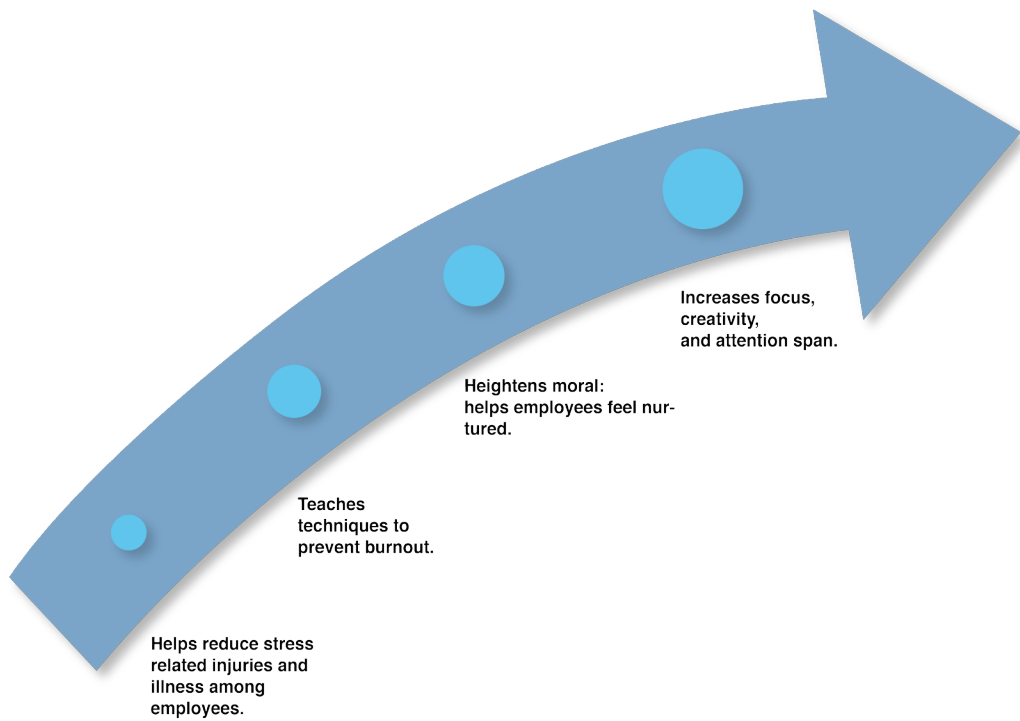
A STRONG AND HEALTHY TEAM = A STRONG AND HEALTHY BUSINESS!

For Businesses:

- Increased productivity
- Decreased healthcare premiums
- Reduced staff turnover
- Reduced employee absenteeism
- Higher job satisfaction among employees
- Greater respect for senior management
- More attractive to potential employees seeking employment within your company

For Employees:

- Reduced stress, anxiety, and depression
- Increased energy and decreased fatigue
- Improved memory, focus, and concentration
- Stronger muscles and increased flexibility
- Improved posture
- Improved overall health & reduced risk for diseases, including cancer



By PHYLLIS KORKKI AUG. 6, 2016



Michael Waraksa

Ever experienced a bout of anxiety at work?

I just did.

One day last week I had several assignments to finish in quick succession. I could feel thoughts pinging around in my brain as I tried and failed to decide what to focus on first. Once I was able to get the pandemonium under control, my brain felt like mush.

So what did I do? I breathed deeply from the middle of my

body. I imagined the top of my head, and pictured arrows coming out the sides of my shoulders. I stood up for a while and then walked around the newsroom. And went back to work.

These simple solutions to anxiety are not so easy to practice in an era of multitasking, multiple screens and mindless distractions. I learned them only after signing a contract to write a book — and becoming so anxious about it that I developed back and stomach pains. Unable to score a prescription for Klonopin (it's addictive, my doctor said), I was reduced to seeking out natural methods to relieve my anxiety.

The methods I learned helped me write the book. But they also made me realize that workers of all stripes could use them to reduce stress, and to think more clearly and creatively.

My first stop was Belisa Vranich, a clinical psychologist who teaches — or rather reteaches — people how to

breathe. Dimly I sensed that the way I was inhaling and exhaling was out of whack, and she confirmed it by giving me some tests.

First off, like most people, I was a “vertical” breather, meaning my shoulders moved upward when I inhaled. Second, I was breathing from my upper chest, where the lungs don't have much presence.

In her Manhattan studio, Dr. Vranich taught me the right way to breathe: horizontally and from the middle of the body, where the diaphragm is. You should expand your belly while inhaling through your nose, she said, and squeeze your belly inward while exhaling.

At first, this seemed counterintuitive. And yet it is the natural way to breathe — the way children and animals do it, Dr. Vranich said. It's when society begins to exert its merciless pressure on us that we start doing things the wrong way.

When we are under stress at work, we tend to brace and compress ourselves, and our field of vision becomes narrow, Dr. Vranich said in a recent interview. This causes us to breathe more quickly and shallowly. The brain needs oxygen to function, of course, and breathing this way reduces the supply, causing muddled thinking. Also, the digestive system doesn't receive the movement and massage it needs from the diaphragm, and that can lead to problems like bloating and acid reflux, she said.

Stress can send people into fight-or-flight mode, which can lead them to brace their bellies to appear strong. This is exactly the stance that interferes with calm, alert thinking, Dr. Vranich said.

The fight-or-flight response means business. It developed early when our ancestors needed it as protection from predators. It was so crucial to survival that it has stuck around to this day, as a response to stress.

Just enough stress (such as the kind provided by a realistic deadline) gets your adrenaline going and pushes you through to the finish line. But too much (the kind you feel when you have too many deadlines you know you can't meet) can push you into fight or flight, causing you to crouch, clench and tense.

I was also feeling pain and tension in my back and shoulders as I started to write my book — as if my body were trying to hide from a lion. So I took posture lessons.

When I told people I was working on my posture, they tended to feel ashamed of their slouchiness and lifted their chins, pulled their shoulder blades together and stiffened their necks and shoulders. But that is exactly what you don't want to do, said my posture teacher, Lindsay Newitter, who runs a company in New York called the Posture Police. Rather, you want to gently release the tension that you may not even be aware is compressing your body.

Ms. Newitter helped me undo habits that had been tensing me up for years. Having an expert try to correct your unique postural peculiarities can be a help, but even without lessons, a few basic principles can help you get through the workday.

First, as mentioned, simply imagine the top of your head. At the risk of looking like a monkey, you can even touch the top of your head to get a sense of where it is in space (you may be surprised at how off you were). This act of imagination gently guides you into better alignment.

Imagining horizontal arrows moving in opposite directions from the sides of your shoulders expands your chest area and allows you to breathe more freely.

Try to be aware of any part of the body where you are exerting more tension than you need. For example, the effort of operating your mouse should come more from your fingers than from gripping it with your hand, your wrist and your whole arm, Ms. Newitter said. The same principle applies to typing.

Good posture helps you feel “spready instead of squished,” Ms. Newitter said recently, quoting her 9-year-old daughter.

Ms. Newitter teaches a method known as the Alexander Technique, which was developed in the 19th century by Frederick Matthias Alexander, an Australian actor who invented it to cure his career-killing hoarseness. He came up with a concept known as “end gaining,” which has arguably only worsened as computers and

smartphones have come on the scene. It means trying to get somewhere before you are actually there, so you are not inhabiting your own body in the present.

Screens aggravate end-gaining because they cause people to curl forward to meet them, which compresses the spine, Ms. Newitter said. Let the screen come to you rather than lurch out toward it, she said.

Another important point I learned in my quest to calm down is that to do our best work, we need to move around. People mistakenly think that being in one position for a long period will improve concentration, but the body needs to move and take regular breaks to focus, said Alan Hedge, an ergonomics professor at Cornell University.

We've all heard that sitting for long periods is bad for you, but standing for a long time isn't good either, Professor Hedge said. You need to mix it up. He has done research showing that workers should sit for roughly 20 minutes, stand for about eight minutes and move around for two minutes.

This formula does not have to be exact. And once in a while, when you are in the magical state known as “flow,” where you are completely absorbed in your task and lose track of time, it doesn't apply.

But as a rule, getting up and moving around is beneficial. And if you're stuck on an assignment, moving from one room to another can actually help recalibrate the brain, Professor Hedge said.

A chair is essentially an antigravity device, he said, and “gravitational stimulation is really important for the body.” Research from NASA has shown that you need to have a regular sense of yourself in gravity to work effectively. “You need to get at least 16 of those signals a day,” he said, by standing up, sitting down or moving around.

These basic lessons about the body can be hard to remember in the heat of a stressful moment. Even now, I still catch myself freezing in my chair like a cornered animal when I feel overwhelmed at work. But now I know I have the power to arise, expand and unscrunch, and to banish that imaginary lion from my cubicle.

THE WALL STREET JOURNAL.

BREATHING FOR YOUR BETTER HEALTH

Controlling Your Breath Is an Easy Way to Improve Mental and Physical Health

By Sumathi Reddy

Take a deep breath and relax.



Slow, deep and consistent breathing has been shown to have benefits in treating conditions ranging from migraines and irritable bowel syndrome to anxiety disorders and pain. PHOTO: GETTY IMAGES

Behind that common piece of advice is a complex series of physiological processes that calm the body, slow the heart and help control pain.

Breathing and controlling your breath is one of the easiest ways to improve mental and physical health, doctors and psychologists say. Slow, deep and consistent breathing has been shown to have benefits in treating conditions ranging from migraines and irritable bowel syndrome to anxiety disorders and pain.

“If you train yourself to breathe a little bit slower it can have long-term health benefits,” said Murali Doraiswamy, a professor of psychiatry at Duke University Medical Center in Durham, N.C. Deep breathing activates a relaxation response, he said, “potentially decreasing inflammation, improving heart health, boosting your immune system and maybe even improving longevity.”

To help foster the habit of healthful breathing, a San Francisco technology startup recently launched a wearable device called Spire that tracks breathing patterns and tells users when they are too tense or anxious. “One of the goals of this work was, ‘How do you make it so simple to shift into calm or focus that people don’t have to stop what they’re doing?’” said Neema Moraveji, co-founder of Spire and director of the Calming Technology Lab at Stanford University.

Many early buyers of the \$150 Spire are office workers who spend a lot of time on computers. Research has found people working on computers often hold their breath, an action referred to as screen apnea, he said.

Belisa Vranich, a New York City-based clinical psychologist, has been conducting breathing workshops around the country for just over a year. Among her biggest clients: corporate managers eager to learn how to better manage stress.

Dr. Vranich says she instructs clients to breathe with their abdomen. On the inhale, this encourages the diaphragm to flatten out and the ribs to flare out. Most of us by instinct breathe vertically, using our chest, shoulders and neck, she says.

Abdominal, or diaphragmatic, breathing is often taught in yoga and meditation classes. Experts say air should be breathed in through the nose, and the exhale should be longer than the inhale. Dr. Vranich recommends trying to breathe this way all the time but other experts say it is enough to use the technique during stressful or tense times or when it is necessary to focus or concentrate.

Slow breathing stimulates the vagus nerve, which runs from the stem of the brain to the abdomen. It is part of the parasympathetic nervous system, which is responsible for the body’s “rest and digest” activities. (By contrast, the sympathetic nervous system regulates many of our “fight or flight” responses.)

The vagus-nerve activity causes the heart rate to decrease as we exhale, said Richard Gevirtz, a psychology professor at Alliant International University in San Diego. Vagal activity can be activated when breathing at about five to seven breaths a minute, said Dr. Gevirtz, compared with average breathing rates of about 12 to 18 breaths a minute.

The vagus nerve’s response includes the release of different chemicals, including acetylcholine, a neurotransmitter that acts as an anti-inflammatory and slows down digestion and the heart rate, said Stephen Silberstein, director of the

Jefferson Headache Center at Thomas Jefferson University in Philadelphia who is working on an article on the vagus nerve and its functions.

When medical conditions are severe, such as with epilepsy, medical devices are sometimes implanted to stimulate the vagus nerve. For most people, slow, steady breathing is a natural way to stimulate the nerve.

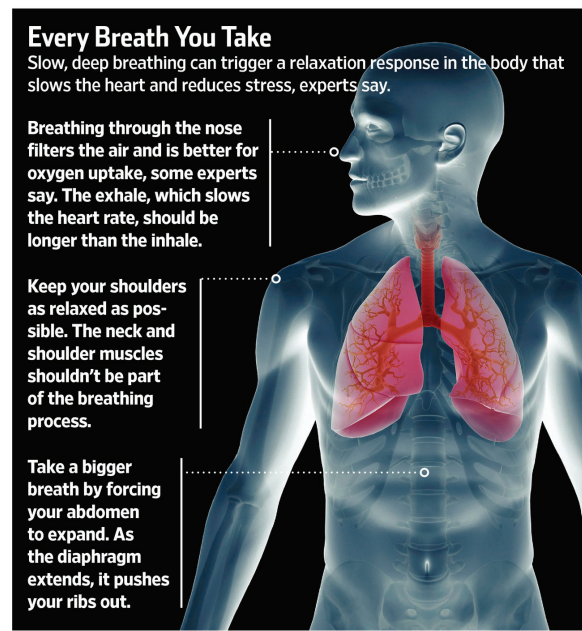
Certain conditions, including asthma and panic disorders, have been shown to benefit from a different breathing technique—taking shallow breaths through the nose at a regular rhythmic speed of eight to 13 breaths a minute. For these patients, already anxious about their symptoms, deep breathing can cause them to take in too much air and hyperventilate.

Heart-rate-variability biofeedback uses breathing to train people to increase the variation in their heart rate, or the interval between heartbeats. The technique has been shown to have benefits for conditions including anxiety disorders and asthma. Biofeedback also makes breathing more efficient, said Paul Lehrer, a clinical psychologist at Robert Wood Johnson Medical School, part of Rutgers University in New Jersey. On average most people reach this balance when breathing 11 seconds per breath.

Spire, the device that tracks individual breathing patterns, is a pedometer-like device that can be clipped onto pants or a bra strap and can sense breathing patterns without touching the skin. A sensor detects subtle torso expansions and contractions, said Stanford's Dr. Moraveji. The device identifies people's baseline breathing patterns and can tell users when they are tense or may need to take a deep breath. It includes an app that guides people in breathing exercises as short as 30 seconds.

Dr. Moraveji's research includes a 2011 Stanford study of 13 students that found subjects on average took 16.7 breaths a minute when they were doing normal computer work compared with 9.3 breaths a minute when they were relaxed, he said. The study was published in the proceedings of the annual ACM Symposium on User Interface Software and Technology.

A follow-up study involving 14 subjects found that giving feedback of breathing patterns on a computer screen allowed the subjects to control their breathing without decreasing their performance on an analytical task, Dr. Moraveji said. "We proved that because the breath is so easily controllable, you don't have to interrupt your task in order to regulate your nervous system," he said. The study was presented at the ACM CHI Conference on Human Factors in Computing Systems in 2012.



Dr.

GETTY IMAGES

Vranich, the breathing coach, believes teaching people to unlearn dysfunctional breathing habits requires practice and exercises. Her group classes cost \$150 for a three-hour workshop and private classes range from \$350 to \$450.

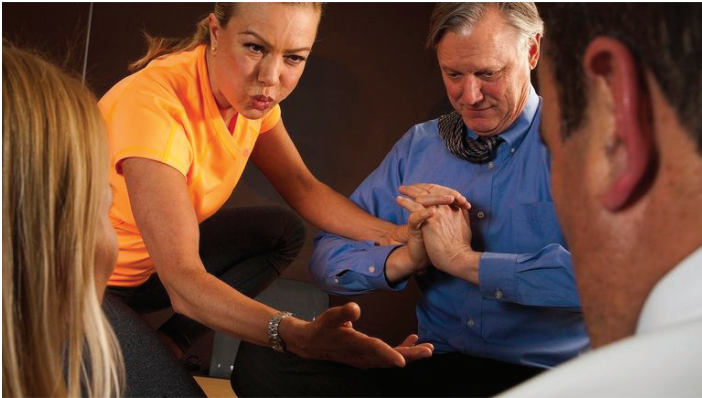
On a recent afternoon, she held a private session in her Manhattan studio with Joe March, a 40-year-old New York City firefighter who said he wanted to improve his lung capacity and condition for Brazilian jujitsu, a form of martial arts he practices.

Dr. Vranich positions many of her clients upside down, to better exercise the diaphragm muscles. She assisted Mr. March into a shoulder stand against a wall as she monitored his breathing. "Inhale, relax, and see if you can expand right by your diaphragm," she said. "Exhale, squeeze your ribs at the same time."

Earl Winthrop, a 60-year-old partner of a Boston wealth-management firm, is another of Dr. Vranich's clients. "When I was working on the computer, I wasn't breathing properly," said Mr. Winthrop, who now does tailored breathing exercises and short bouts of meditative breathing. "I'm much more aware now. I feel more focused. I can calm myself down," he said.

BREATHING COACH THRIVES ON A RESTLESS CITY

MARCH 6, 2014



It's 6 p.m., and five employees from SciMedMedia, a TriBeCa-based company specializing in software development for the pharmaceutical industry, are sitting on the floor in their conference room learning how to breathe.

"Team building was always around something lame, like bowling and drinking, which slightly boosted morale but wasn't very effective," said Peder Regan, SciMedMedia's president. In his quest for better health, he started a program to bring in different wellness professionals to help his 42 employees find ways to de-stress.

"We've had a personal trainer, a cleaning specialist, an energy worker and a breathing coach, who was by far our most popular," he said. "We did four classes during the month, and I was surprised at how difficult it was to do properly. This is what companies should be putting money, time and resources into."

Belisa Vranich is one of the practitioners helping New York's corporate masses fill their lungs. She is a clinical psychologist, wellness coach and founder of the Breathing Class, which she teaches privately or in a corporate environment, and the Oxygen class, which is offered at Willspace, a private boutique training facility in the West Village.

"More than 90% of Americans don't know how to

breathe correctly," said Ms. Vranich, whose classes have become extremely popular in the corporate world. "Last year, I might have gone into corporate offices three times a month, then it became three times a week," she said. Her calendar is heavily booked until August. "Over the next several months, I'm going into offices five or six times a week," she added.

If this seems a little New Agey, it is—and it isn't. A number of Fortune 500 companies—think Apple, Google and AOL—offer meditation and mindfulness programs for their staffers. Oprah Winfrey has brought in specialists to teach Transcendental Meditation to help Harpo employees learn to de-stress. Last year, Rupert Murdoch tweeted about how important meditation has become in his life. And last month, a Time cover touted "The Mindful Revolution: Finding peace in a stressed-out, digitally dependent culture may just be a matter of thinking differently."

Mindfulness classes

According to the World Health Organization, workplace stress is the No. 1 health problem in the United States. It's only logical that businesses large and small are bringing mindfulness classes into the office. Better breathing is the latest trend being offered.

Rimma Muchnik, a strategic management consultant, saw Ms. Vranich on the Today show. A bad case of insomnia propelled her to take a class, then another, and another. "Type A personalities, especially those in banking and finance, tend not to be as open to new things like this," she said. "I liked that it wasn't yoga-y. There wasn't any deep discussion about the universe. I sleep better. I am more focused and productive at work; my blood pressure has gone down."

Ms. Muchnik also learned she is a "vertical breather." "I was also using my shoulders and neck muscles," she said, "which I'm no longer doing, so I feel better and more relaxed."

During the 60- or 90-minute class, based on pulmonary health, martial arts, Russian special-operations training and sports psychology, Ms. Vranich guides clients through interactive exercises such as exhale pulsations and diaphragm extensions while examining the function of breathing patterns.

Private classes start at \$250 for an hour and \$375 for 90 minutes.

At WillSpace, her Oxygen class, a stress-reduction session that focuses on oxygenation and relaxation, is \$250 for 60 minutes, and an intensive three-hour group workshop is \$150 per person. Office-group classes cost \$1,500 for 10 people, though prices vary depending on class size and frequency.

Some cynical New Yorkers may have once rolled their eyes and made snide comments, but now they're the ones pushing their bellies in and out, or asking for meditation methods.

Jon Aaron, a teacher of mindfulness meditation, has seen an increase of 40% to 50% in office requests, be it for weekly training or workshops. "The purpose of the training is to teach people how to relate to their minds in different ways, like concentration and focus," he said. "Through meditation, they become aware of how often they're distracted and how to come back to the task more efficiently."

According to a 2012 report by Buck Consultants, 61% of companies surveyed said their top wellness objective is combating employee stress. Some 27% of firms surveyed globally now offer yoga or meditation as a part of their employee wellness programs.

"The cost to companies to treat stress is astronomical. The rising cost of health care is a huge global problem," said Mia Kyricos, chief brand officer of SpaFinder Wellness 365, a media and marketing company that specializes in the spa industry. "Companies are finding that if managed correctly, stress is controllable. So they're invested in finding more in-house solutions. Breathing classes in the corporate environment is the next sensible step."

Yet getting help to breathe can still evoke embarrassment. Few want to admit they need assistance with the most basic of human functions.

"There's still an element of not understanding what proper breathing really is, and some look at that as a weakness," said Ms. Vranich. "And there's a stigma associated with anxiety disorders. We don't want to admit to that, either."

On the flip side, some see Ms. Vranich as their secret weapon. "Companies are always looking at ways to increase performance, and get longer hours out of employees while outperforming or gaining a competitive edge over other companies," she added.

Some blame technology and our 24/7 lifestyles for our inability to recharge.

"Many of us also suffer from email apnea, where we hold our breath while at the computer," Ms. Vranich explained. "It's a predatory stress-induced concentration while staring at the screen. Breath holding during the day is one of the worst things you can do because you're depriving your body of oxygen."

Creative solutions

Her newest client is the Soho House, a private club that originally hired her to teach its spa team how to breathe more efficiently.

Douglas Drummond, SoHo House's U.S. regional spa manager, was so impressed that he hired her to do corporate workshops and members-only classes. "Belisa has a logical approach and strong scientific background to the breathing," Mr. Drummond said. "That works very well in a corporate environment, where [management] needs validity and practical reassurance to bring in something new or that's more creative."

Jeff Burns, SciMedMedia's vice president and executive producer, who has taken several of Ms. Vranich's classes, highlighted another positive.

"Investing in your employees has a very good return, especially when those employees are working 14-hour days," he said. "Belisa taught me how to put work aside and focus on myself for a little bit, which is fantastic. The ability to relieve stress and anxiety is an attractive skill set to have."

A version of this article appears in the March 10, 2014, print issue of Crain's New York Business as "The business of breathing".

What are people saying?

“Dr. Belisa is an invaluable asset in helping support healthy employees and staff in any company. She is approachable, knowledgeable-her interventions are genius.”

—**Martin Lindstrom, NY Times best selling author and Time Magazine Influential 100 Honoree**

“Rave reviews from staff and Canyon Ranch guests on the weekend workshop you gave! Bravo!”

—**Mark Liponis, Medical Director, Canyon Ranch**

“They loved you and loved your class. Each year we challenge ourselves to make the next event bigger and better. I have to say that this national training was by far our best, and you were such a big part of that. I heard from so many consultants about how much they not only loved but NEEDED your breathing class. You brought them to tears and made them laugh. It was such a unique class and I definitely want to make it staple for future events.”

—**Patty Brisbane, Pure Romance President and CEO, Inc 5000, and Fortune 500 Company, Cincinnati, Ohio**

“I solicited Dr. Belisa’s expertise as a psychologist and requested that she teach a block of instruction at one of my Women’s Empowerment certifications. I certify instructors across the country and in Europe to teach women’s safety and self defense. She did an amazing presentation on the psychological aspects of violence against women. Her reviews were outstanding. I have used Belisa during my instructor certifications and martial arts seminars, including sessions with UFC legendary trainer Erik Paulson. Most recently I utilized Belisa’s expertise during my 2 day Less Than Lethal defensive tactics program conducted at the Manhattan DEA office. We trained approximately 30 Agents from the DEA and US Marshals Service. Again, the feedback was outstanding. The Associate Special Agent in charge of the New York office sat in and personally communicated to me how impressed he was with Belisa’s program.”

—**Steve Kardian, Defend University, Safety & Security Expert, Media Personality**

“Thanks for being so sassy and cool, Belisa. We so see eye to eye on compassionate holistic health. Love your energy!”

—**Dr. Frank Lipman, author, and founder and director of Eleven-Eleven Wellness Center in New York City**

“Dr. Belisa is an integral part of our international Fitness Institute-she is an encyclopedia of information regarding health, fitness and emotional wellbeing.”

—**Dave Reisman, Director of Communications, Golds Gyms Intl., Dallas, TX**

“My staff and clinicians loved the class, let’s plan to have you back for our clients next month!”

—**Blyss Young, President & CEO The Sanctuary Birthing Clinic, LA**

“Dr. Belisa’s presentation to our Spa Directors received excellent reviews for the second year in a row. Dr. Belisa educates while she entertains; she is able to connect to her audience and her energy is captivating.”

—**Mary Tabacchi, NYSPA President**

“It’s colloquial to say that something is “as easy as breathing,” but the fact is that most of us don’t know how to breathe optimally. This actually makes it harder to do many of life’s activities. Dr. Belisa has mastered breathing techniques for controlling stress, improving lung health, and boosting performance. Her breathing class will give any athlete, fitness fiend, or health-conscious individual- excuse the pun-a second wind.”

—**Sean Hyson, C.S.C.S., Group Training Director for Muscle & Fitness, Men’s Fitness Magazines, American Media, New York**

“I live in NYC in the fast-paced world of marketing and advertising and celebrity. I’ve always thrived under pressure, but as a result, have had a hard time getting to sleep at night, and turning off the noise. Dr. Belisa teaches you how you to use breathing techniques anywhere. I’m networking at dinners, I’m a Soul-cycler, I have a trainer twice a week, I have a stylist—I do all of these other things, but in no area of my life was I addressing my state of mind (which really makes no sense when you think about it!). I am more calm under pressure now. I sleep more easily, the stress doesn’t get to me as much—all in all, I’m healthier, calmer. (I actually think it’s helped me lose a few pounds too.)”

—**Melissa Hogley, VP of Buyology Inc.**

“I was and am moved by your techniques and moreover the profound effect they had on me (which to be honest, I kind of expected!). The one thing I was sure of at the end of the class was that I want more. I acknowledge how beneficial better breathing will be to my martial art, of course, but I have been planning on improving the 3 parts of my (and most other humans) life that include better eating, sleeping and, of course, breathing. I have been exposed to breathing techniques in the past but never as moved or affected as I was with yours.”

—**Dr. Mathew Reid, Captain, US Army Medical Corps, Chester Crozer Trauma and Burn Center, Emergency Dept, Atlanta, Georgia**

“Dr. Belisa Vranich was invited to give a class at Swarthmore College for our voice, wind ensemble, and orchestra students. The tremendous academic pressure on our students often causes stress that audibly impacts their ability to make music freely and collectively. The students raved about Dr. Belisa’s class-it was well attended, and the students were thrilled to spend dedicated time with an expert who enabled them to concentrate on the root of much of their stress and technical problems. I have already heard the results in the students’ playing, and I would highly recommend Dr. Belisa to other musical ensembles.”

—**Andrew Hauze, Associate in Performance, Swarthmore College, Director, Swarthmore College Orchestra and Wind Ensemble**

ABOUT DR. BELISA VRANICH

Dr. Belisa Vranich is a clinical psychologist, author, and presenter. In her private practice in New York City she focuses on short-term dynamic psychotherapy that is highly interactive. Her passion as a clinician manifests itself in comprehensive, holistic diagnosis and treatment that integrate spirituality, physical health, and relationships.

Dr. Vranich has written five self-help books. A regular guest on the “Today Show,” “Good Morning America,” CNN, and Fox News, Dr. Vranich has been interviewed as an expert in numerous of publications, including the Los Angeles Times, The Wall Street Journal, Cosmopolitan, Spin, AARP, Seventeen, Good Housekeeping, and Parenting. She was a former advice columnist for the New York Daily News, Foxnews.com, and Spin magazine.

Previously, Dr. Vranich was the Director of Public Education at the Mental Health Association of NYC, and served as a consultant at the National Mental Health Association in Washington, DC. She has worked as the director of an outpatient clinic at Jacobi Hospital Center, as a school psychologist in the South Bronx, and with parolees and their families as part of the Brooklyn AIDs Task Force. Dr. Vranich received her doctorate in Psychology from New York University and Bellevue Hospital with specialization in neuropsychology, psychiatric consultation, and liaison and bilingual treatment.

An outspoken advocate for women’s health issues, volunteerism and mentorship, Dr. Vranich volunteers regularly with numerous NYC-based animal rescue organizations, and does pro bono work with victims of sexual assault and war veterans’ organizations nationwide.

