

## SERVICES (CONT'D)

### **NUTRITIONAL COUNSELING**

We assist you in achieving optimum quality of health through Dr. Rowley's 3-4-4 nutritional method of eating. We stress whole natural foods and nutritional supplements for health maintenance and treatment of disorders. Natural foods include organically grown, as well as those not processed, refined, or stored for any length of time. We assist you in making proper food choices that will influence the physical, mental, and emotional aspects of your body.

### **HOLISTIC PSYCHOTHERAPY**

We assist you in achieving optimum mental health through Dr. Rowley's unique and successful therapeutic approach which incorporates Adler's holistic theory, cognitive therapy and spirituality. We look at the individual's unique, unconscious, and repetitive way of responding to (or avoiding) the main tasks of living. The five aspects of wholeness include : work/school, social (family & friends), love, self-acceptance, and spirituality.

### **MISCARRIAGE SUPPORT GROUP**

Women need emotional support and information during and after a miscarriage. At Cayenne Wellness Center's Miscarriage Support Group, women will be able to talk freely about the surge of emotions that are bound to occur. Questions which tend to creep up are ... [blame/guilt] Did I do this? [grief] When will I stop feeling this way? I need to talk someone. How do we say our goodbyes? How come no one around me wants to talk about it?

### **DR. CAROLYN ROWLEY**

Dr. Rowley, founder and executive director of Cayenne Wellness Center, is a clinical psychologist specializing in nutritional therapy (well known for her 3-4-4 nutritional program) and the treatment of depression, anxiety, and pain management. She also began another non-profit organization as a result of her missionary experience to Kenya, East Africa (The Machao Orphanage Foundation - <http://www.machaoorphanage.org>). She is a speaker and advocate on issues of sickle cell disease,

cayenne wellness center &  
children's foundation  
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glendale, ca 91205  
[www.cayennewellness.com](http://www.cayennewellness.com)

Inside: Information on Career Coaching



**cayenne**  
wellness center and children's foundation

**Career Counseling**

*Nutritional Counseling*

**Holistic  
Psychotherapy**

**Career Counseling**

**Support Groups**

# MISSION STATEMENT

Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.



## Our office hours:

By appointment only :: Sunday through Friday  
Closed Saturday

## Contact us:

dr. carolyn rowley • 1+818.377.5120.voicemail

[carolyn@cayennewellness.com](mailto:carolyn@cayennewellness.com)

[www.cayennewellness.com](http://www.cayennewellness.com)

208 south louise street • glendale, ca 91205  
(corner of Louise and Harvard)

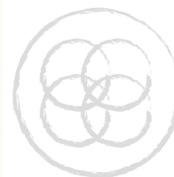
# SERVICES :: CAREER COUNSELING

We offer a range of services to our patients, from support groups and nutritional counseling, to holistic psychotherapy and career counseling. After your initial evaluation, if we are not able to service you in our facility, we will be happy to refer you to an appropriate professional.

We offer several levels of career coaching :: **Levels One through Four** (see below)  
Our successful career coaching method is available one-on-one or in groups.

## CAREER COUNSELING

**Introduction:** Release Your Potential Inc. is a company who believes everyone can be happy in a career which is fulfilling and achieves maximum potential. We have used our proven strategies in personal and professional situations to allow our clients to achieve their goals through the process of learning more about themselves and the dream environment they wish to live happily in. If you are not happy in your personal or professional relationships, a career development journey is one which you should undertake as soon as possible. The first step is finding out who you are. The next step is to guide you to your passion and show you how to use your special attributes to change your life!



## Who Benefits From Career Counseling?

Families with school age children  
Employers who have disgruntled employees  
High school and college students  
Individuals not sure how to move their life forward

Feel free to contact Cayenne Wellness Center at 818.377.5120 for a referral or contact the staff at Release Your Potential, Inc. directly at (310) 480-0784 or via email at [cbocage@releaseyourpotential.net](mailto:cbocage@releaseyourpotential.net). Peace!

## *I'm lost. What is the purpose of my life?*

If you want to experience a truly life-changing transformation, we recommend selecting one of our career coaching levels (see below).



**Learning who you are:** Studies have shown, people who know who they are and perform daily activities which allow them to be who they are usually are well adjusted, see their worth, and look forward to going to their chosen occupation each day and have a more content personal life. We have several tools to assist you in your journey for self actualization. We use several strategies to expose the real you and then determine the correct career which will use the unique tools you have to be the best you can be.

## Career Coaching :: Levels One through Four

**Level One** (we assist you in aligning your personality with your 'new' chosen career)

**Level Two** (full interpretation of the Myers Briggs Personality Indicator)

**Level Three** (we assist you in developing a comprehensive Career Development Plan)

**Level Four** (coaching by the hour)