

What People Are Saying!

Guided Self Healing Trainings help people from all walks of life develop their professional healing skills. In Year One (15 total days: typically in 4 sessions) you will learn how to work with individuals. In Year Two (12 total days: typically 3 sessions) you will deepen your personal growth and professional abilities, while also learning to work with groups. Teaching internships are available after Year Two. Just start with Year One.

“A quantum leap in awareness, psychological and spiritual growth which far exceeds anything I have experienced at any training before.” **James Jameson, Hypnotherapist – Wicklow, Ireland**

“The genius of GSH is its ability to open pathways to the soul’s deep wisdom and to use this knowing for self-realization and personal growth. Infused by the facilitator’s compassion and love, each session has the quality of a sacred healing. With GSH, individuals and groups experience a depth of awakening, self-realization and personal growth unparalleled by other methods. Andrew Hahn, founder of GSH, is among the foremost psychologists of our times.” **Phylliss Mabbett, RN, Ph.D. – San Diego, CA**

“Guided Self Healing is a beautiful, loving, powerful course – as much direct personal development as training in an outstanding technique. My life was changed forever.” **Peter Donn, Tech Communications – Hertfordshire, UK**

“I’ve experienced the power of Guided Self Healing to help people let go of old hang-ups not previously reached in years of psychotherapy and psychoanalysis. I’ve experienced the power of GSH to help people clear many unresolved deep blocks. And from my own experience, I believe GSH is a model of transformation that reaches deep trauma structures at their root.” **Janna Strömberg, Psychotherapist – Stockholm, Sweden**

“When I started on this journey with GSH I had no idea of the profound personal learning it would lead to. I have deepened into my true self by removing old patterns and stubborn blocks, gained enlightenment and a deep inner knowledge from age old wisdom. It has allowed me to work with my clients on a much deeper level and the results have been truly remarkable. Andy Hahn and Kathy Eckles are visionary leaders in the growing field of Energy Work. Their compassion and knowledge establish a very safe base which allows change and growth for the individual. Thank You.” **Sarah Bird, Energy Psychologist, Coach and Healer – Dublin, Ireland**

“Kathy Eckles is one of those rare beings whose teachings transcend course material, and invite truly deep insight, connection and transformation. An intensive ten-day transformational training became a beautiful and intuitive dance, whose rhythm and tempo she pitched perfectly to my needs, aspirations and character. I arrived with what I thought were high expectations: these were far exceeded.” **Tony Dickinson, Writer, Photographer, Educator – London, UK**

“Kathy Eckles is one of the most skilful facilitators I have ever met. She combines sensitivity, a great psychotherapeutic knowing with clarity and a huge love for mankind. As a teacher she is inexhaustible. She makes me dare to do new things! And she makes space in a group where there is a place for everyone.” **Janna Stromberg, Clinical Psychologist – Stockholm, Sweden**

“Dr. Hahn is brilliant at integrating various modalities. The learnings I received have created huge shifts for me in my path of growth. I especially love how he models total love and acceptance – he is like a little Buddha, both warm and inviting. I highly recommend his work.” **Kathy O’Donnell, R.Ph., CPCC – California**

“Andy Hahn has a rare talent that goes beyond mere skill in his ability to assist individuals in elegantly resolving lifelong issues. He is a master!” **Ed Morler, M.B.A., Ph.D.. Principal, Morler International – Sonoma, CA**