



Psychological Wellness Institute

Institute News

Upcoming Workshops:

New Dates
Coming Soon

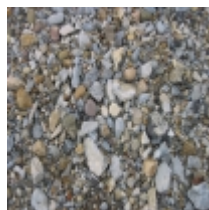
Upcoming Releases:

Relaxation CD
Meditation CD



The Psychological Wellness Institute (PWI) is dedicated to improving psychological wellness worldwide. PWI provides an alternative to traditional, symptom-focused treatments, emphasizing the inherent ability we all have to heal our own minds, bodies, and spirits. In the field of positive, integral, and health psychology, the **Psychological Wellness Institute** teaches the skills necessary to achieve **wellness in all aspects of life.**

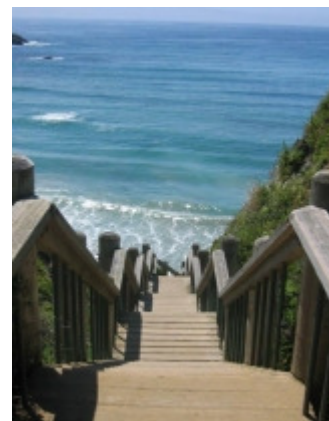
Classes and Workshops



We are the creators of Relaxingmoment.org, a full service online stress clinic. We also provide psychological education and mental health skills workshops in a variety of settings.

We are dedicated to providing the highest quality educational and personal growth experiences possible using the latest scientific techniques. Our Institute classes give you the tools you need to achieve the life you want. Topics include Mindfulness Meditation, Self-Discovery, Self-Esteem, Overcoming Depression, Stress Reduction, Anxiety Management, Effective Communication, Relationship Skills- Building, P.T.S.D. Recovery, and more. Sign up today, and **check back often!**

Media Releases



Using the latest theory and techniques with the help of technology, we believe the **benefits of psychological fitness** can be available to all.