



Educational & Psychological Evaluations
 Counseling • Therapeutic Tae Kwon Do
 Summer Camps • Social Skills Group • Yoga
 Self-Improvement • Stress Management
 Mindfulness/Meditation

Offered in conjunction with these wellness services:

Acupuncture • Reiki • Naturopathy
 CranioSacral • iNDIGO™ Quantum Biofeedback
 Yoga Therapy • Massage

Nurturing Wellness



MISSION STATEMENT

Insight Learning & Wellness Center
 provides holistic services using a kind,
 caring approach that both educates and fosters
 social, emotional, physical and
 spiritual well-being.



Michelle Martin, ED.S.
 Founder/Director
 School Psychologist



25901 Emery Road, Cleveland, OH 44128

216-765-4470

www.insight-wellness.com

*Insight Learning & Wellness Center does not discriminate on the basis of race,
 ethnicity, natural origin, religion, gender, sexual orientation, disability, or ancestry.*

Approved provider for the Autism Scholarship Program.

*Psychology and
 Integrative
 Wellness Services*

for all ages

Integrative Psychology + *Wellness Services*

Integrative Psychology and ASTARA Holistic Addiction Recovery nurture a balance of your body's intellectual, emotional, physical and spiritual resources, and guides you on the path to optimal health. These practices employ biologically-based interventions and can be used safely in conjunction with conventional medicine.

Our Holistic Wellness Services are results-proven methods that can increase and maintain vibrant health and wellness:

> **Acupuncture and Acupressure** have been used for over 3,000 years to relieve pain, stress and fatigue while improving the health of the whole person.

> **CranioSacral Therapy** is a light-touch, pain-relieving and healing therapy that determines weaknesses in the flow and rhythm of fluid throughout your central nervous system, and then gently works to improve them.

> **iNDIGO™ Quantum Biofeedback** provides insight into the body's physical, mental and emotional states and retrains its stress responses to help reduce stress, manage pain and balance the body electric.

> **Massage Therapy** manipulates muscles and soft tissue to improve health and well-being by relieving pain, muscle tension, joint stiffness, fatigue and depression, and may also assist in recovery from injuries and surgeries.

> **Naturopathy** looks not at the disease, but at the whole body, mind, emotions and spirit. It incorporates diet, exercise and sleep pattern adjustments to target acute and chronic conditions, and may include homeopathic remedies and nutritional supplements.

> **Reiki** relies on the ancient belief in the life force energy that flows in the body. With hands just above the body, the Reiki practitioner channels into the client a flow of positive energy.

> **Yoga Therapy** creates a calm and alert state of mind, a strong and flexible body, and a more loving and compassionate relationship with oneself.

Evaluations psychological & educational



Academic skills, intelligence, attention, language, memory, perceptual and motor skills, sensory integration and social/emotional adjustments are some of the components that may be included in a private, comprehensive assessment. *Insight's*

individualized testing practices draw from Ms. Martin's more than 25 years of practical school psychology experience. We can complete independent educational evaluations (IEE's). Classroom observation and follow-up conferences with school personnel may be arranged as needed. Our staff is also available to review and provide confidential consultation for any reports and/or evaluations that have been completed elsewhere.



Group Programs:

- ADD/ADHD
- Addiction
- Asperger's
- Living the Light (Laws of Attraction)
- Mindfulness/Meditation
- Parent Education
- Resilience/Anti-Bullying
- Social Skills
- Therapeutic Tae Kwon Do
- Yoga

Healing Treatments for:

- ADHD, Autism, Asperger's, Tourette's
- Addictions
- Anxiety, Depression and OCD
- Chronic Pain
- Learning Disabilities, Dyslexia
- Sleep Disorders
- And more...

Wellness Services

- Acupuncture/Acupressure
- CranioSacral Therapy
- Energy Psychology/EFT
- iNDIGO™ Quantum Biofeedback
- Individual/Couple/Family Counseling
- Massage
- Naturopathy/Homeopathy
- Reiki Therapy & Training
- Yoga Therapy

ADHD & Autism:

Insight offers affordable services that promote powerful change for a brighter future. Individuals and families receive counseling and wellness services tailored to their needs.

Insight is an approved provider for the Ohio Department of Education's Autism Scholarship Program.



For more information or to schedule an appointment call 216-765-4470 or visit: www.insight-wellness.com
Sign up today for our informative newsletter!



Tae Kwon Do for children and adults

Ms. Martin developed and directs *Insight's Tae Kwon Do Fun Fusion* program that blends traditional martial arts training with fun activities focusing on social/emotional development. Classes are held throughout the week for all skill levels within ages

3 – adult. Class sizes are small. Emphasis is placed on controlling impulses, maintaining focus, deep breathing, use of calm-down strategies and setting/achieving goals. The physical training and repetitive movement of Tae Kwon Do Fun Fusion reinforces neural pathways and develops muscle memory in the students for development of increased attention span and self-control, while meeting the requirements and achieving the honors of Tae Kwon Do belt advancement.

Visit our website for a complete class schedule.

