

Deb Barnett, Ph.D.
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"Be Fabulously Feminine . . . Have the Romantic Relationship of Your Dreams"



What Others Have to Say about Dr. Deb Barnett

It was wonderful!!! Dr. Deb is just so supremely talented at what she does. I was amazed. It really helped me let go and be vulnerable and have compassion for myself, thank you thank you thank you!! She is truly a light in the world. - In great gratitude, Suzanne K

I am so grateful for Deb's ability to articulate what I have been feeling. Much healing came just from hearing her voice - feelings that are even hard to admit. I also feel it's okay to take little steps...just to move my energy in the direction I long to go. - Barbara M

Dr. Barnett's subtle understanding of people and relationships yields new directions and insight. Dr. Barnett adds much credence to my feeling that it's the finest within a culture who are most qualified to heal its people." -J.S. client

There are not words good enough to thank you. You are amazing and generous. -J.A. psychiatrist

About Dr. Deb Barnett

Dr. Deb Barnett is a dynamic, compassionate speaker. She connects to and engages with her audience using her warmth, humor and sensitivity. She exudes a passion for helping individuals to thrive. Her presentations are both inspiring and practical. Audience members leave feeling uplifted and motivated to take the steps to improve their lives.

Dr. Deb blends her specialties in Positive Psychology, Energy Psychology, and Relationship Psychology, with practical techniques for making relationships flourish. Dr. Deb skillfully guides women in finding ways to express themselves more fully, and be seen and cherished, while making their partner feel appreciated and important.

Dr. Deb is a licensed psychologist and offers psychotherapy in Asheville, NC as well as phone sessions with clients across the United States.

Dr. Deb has a Ph.D. in Clinical psychology from the Institute of Transpersonal Psychology in Palo Alto, CA. She is a member of the International Positive Psychology Association and American Psychological Association. She utilizes EFT (Emotional Freedom Technique also called Meridian Tapping) and has studied with EFT Master Carol Look. Dr. Deb has studied amino acid therapy with Julia Ross, author of *The Mood Cure* and *The Diet Cure*, and nutritional approaches to mental health with Charles Gant, MD, Ph.D. Dr. Deb's broad background in holistic health includes studying Ayurvedic Medicine with Dr. Vasant Lad at the Ayurvedic Institute. She is a Reiki Master and incorporates her wisdom and experience gained through her training in massage, yoga, Hakomi and Rubenfeld Synergy.

Presentations and Offerings

Dr. Deb has spoken to both small groups and online gatherings of 400+ people. Dr. Deb's offerings range from 45 minute talks; to 2 hour workshops; to multiple evening presentations.

Dr. Deb's topics include:

- 5 Steps To Deepening Emotional Intimacy With The Man You Love
- Stop Pulling Out Your Hair! - Quick Fixes To Get Your Guy To Listen To Your Requests and Respond To Your Needs
- How To Be Sensationally Sensual With Dignity and Grace
- . . .Other topics available to meet the needs of your group

Recently Offered Talks and Workshops:

- Reviving Romance: 7 Steps to Bring More Fun and Affection into your Relationship
 - HealingWorks, Asheville, NC
- Deepening Intimacy With Men
 - Sacred Embodiment Center, Asheville, NC
- 5 Steps to Deepening Emotional Intimacy with Men
 - Plum Tree Yoga, Roswell, GA
 - Unity North Atlanta, Marietta, GA
 - Atlanta Unity, Norcross, GA
 - Jubilee, Asheville, NC

A Note from Dr. Deb

"I support people as they come to know themselves on a deeper level and open to greater possibilities for their personal and professional lives. In my work I address the participants needs for clarifying where they are in life, accelerating their healing, and moving toward their desired outcomes. I work to craft each presentation and program to meet the needs of the participants and guide them on their steps toward increased life satisfaction and empowerment. The results include increased physical, emotional, mental and spiritual well-being and success." –Deb Barnett, Ph.D.