



Free Seminar on Dealing with the Challenges of Adolescence Through Experiential Therapy

Universal Love Foundation, as part of its special activities being held during its tenth anniversary year, will host a free seminar for parents and teens. Titled "*How to Help Your Teenager Deal with the Challenges of Adolescence through Experiential Therapy*," the seminar will take place on **Wednesday, July 21 from 7:00 - 8:30 p.m.** at the Universal Love Foundation House of Hope Grief and Loss Center, located at 28720 Canwood Street, Suite #104, in Agoura Hills, CA 91301.

The presentation will be given by Nazinin Fathi, a marriage and family therapist with extensive experience working with children, adolescents, and young adults. Specializing in adolescent drug and alcohol abuse and its underlying causes, Fathi's primary treatment is through Experiential Therapy. This hands-on resource includes horseback riding, surfing, a ropes course, and even learning a circus act – activities used to build confidence, overcome frustration, anger, failure and fears, increase relationship-building skills, and learn about connection and communication with others.

According to Fathi, Experiential Therapy aims to recreate experiences in a setting that allows the subconscious mind to more fully emerge, thus promoting integration of it with the conscious mind. In moving beyond the limitations of talk therapy, it enables the participant to externalize and resolve inner developmental conflicts in a safe and structured environment.

Universal Love Foundation was founded in 2000 in order to link single parents with available social services and resources, to help them lead more productive lives and better provide for their families. The foundation also operates the House of Hope Grief and Loss Center, located in Agoura Hills, which offers free counseling services for adults and children grieving from loss caused by death or divorce.

To reserve a seat for the seminar, or for further information regarding the seminar or Universal Love Foundation, please call (818) 292-3858 or (805) 231-3618.

We look forward to seeing you there!