

# **Victoria Lorient-Faibish MEd, CCC, BCPP**

**Keynote Speaker/Holistic Psychotherapist//Relationship Expert/Life and Wellness Coach at MassEnergy**

Toronto, Canada Area, ON, CA

Keynote Speaker/Holistic Psychotherapist//Relationship Expert/Life and Wellness Coach

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## **Biography**

Victoria Lorient-Faibish is a Keynote Speaker, Holistic Psychotherapist, Life and wellness Coach, author and for 20 years and she has had a front seat chair, witnessing the metamorphosis of countless people who have moved past depression, anxiety with her proven protocols and techniques. She has a master's degree in Educational Psychology and has studied a plethora of energy psychology modalities, including New Decision Therapy, Emotional Freedom Technique, Craniosacral, Reiki and her beloved and phenomenal Polarity Therapy. Her influences include Buddhism, osteopathy, visualization, meditation, as well as modern and traditional psychotherapy which are the basis for her brand of holistic psychotherapy, that works with the mind, body and soul to effect monumental change in her clients' lives! Her new book, Find Your "Self-Culture: Moving Past Depression and Anxiety to Monumental Self-Acceptance is an opportunity for the reader to begin the journey of self-transformation. Victoria has over 80 videos on her YouTube Channel (Ask Victoria) that have garnered over 400,000 views and counting as the hunger to find one's "Self-Culture" continues to be a key for people who are on a quest for self-love and happiness. Victoria has also created a double-guided meditation CD set called "As Above, So Below: Visual Journeys", in which she takes the listener on sensorial healing meditation journeys. Victoria provides brief and long-term Transformational Holistic Psychotherapy, Couples Therapy, Motivation and Inspiration, Practical Life Coaching, Parts Integration Therapy, Stress-Reduction, New Decision Therapy, Polarity Therapy, Reiki, and Trauma Therapy. For more information about Victoria, you can visit [www.visualizationworks.com](http://www.visualizationworks.com) [www.self-culture.com](http://www.self-culture.com) [www.youtube.com/askvictoria](http://www.youtube.com/askvictoria) .

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## **Availability**

Keynote, Panelist, Workshop, Author Appearance

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## **Industry Expertise**

Mental Health Care, Alternative Medicine, Health and Wellness

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## **Areas of Expertise**

The Ultimate Holistic Anti-Anxiety Workshop, Relationships Boundaries, Transform the Inner Bully Into A Supportive Coach

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## **Affiliations**

Ontario Polarity Therapy Association, American Polarity Therapy Association, Canadian Counselling and Psychotherapy Association

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## **Sample Talks**

### **The Ultimate Holistic Anti-Anxiety Workshop**

The Ultimate Holistic Anti-Anxiety Workshop Anxiety is at an all time high today and many are mystified as to how to treat and overcome this Goliath of our time without drugs. Learn about the biology of anxiety, change and brain plasticity. Experience proven tools and techniques that Victoria uses in her office daily, to rewire the brain so that a new normal can be achieved. Learn Ways to challenge the old concretized thoughts that keep you anxious and overcome the big ?3?; guilt, anger and shame! Understand how to anchor in new beliefs so that when anxiety is there, you can easily tackle it and lessen its impact on you. This seminar can be utilized in multiple settings including in the corporate setting, since Anxiety is also compromising productivity as well as professional relationships and the bottom lines in companies. Mitigating anxiety in the work place in order to maintain and improve employee success and company profits is essential!

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## **Event Appearances**

### **The Ultimate Holistic Anti-Anxiety Workshop**

The Ultimate Holistic Anti-Anxiety Workshop

### **Move Past Anxiety and Neutralize Your Inner Bully!**

Move Past Anxiety and Neutralize Your Inner Bully!

### **Find Your "Self-Culture": Get in Right Relationship With Yourself, Move Past Anxiety and Neutralize Your Inner Bully!**

It Happens...Now Let's Talk About It!

### **Client Non-Compliance ? Working with the ?Saboteur?**

Holistic Nutrition Conference 2008

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## **Education**

### **University of Toronto**

B.A

### **Certificate Sorbonne University**

### **Mount Saint Vincent University**

MEd Master of Educational (Psychology)

### **University of Toronto**

BA Political Science

## **Accomplishments**

### **Find Your "Self-Culture": Get in Right Relationship With Yourself, Move Past Anxiety and Neutralize Your Inner Bully!**

Victoria Lorient-Faibish MEd, CCC, BCPP, RPE Launches her new book called Find Your ?Self-Culture?: Moving From Depression and Anxiety to Monumental Self-Acceptance

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## **Testimonials**

### **Clorinda Guercio and Wendy Everleigh**

Victoria Lorient-Faibish presented ?Finding Your True Power by Finding Your Self Culture?, Unearth the Person You Were Meant to Be!? at our Young President?s Assistants? (YPA) 2012 Annual Conference. Many of us commented positively on the quality of the information and most importantly stimulated some excellent thoughts. The presentation was informative and it demonstrated great interest as we learned ?Balance of all the Elements is Key to healthy Self Culture?. Victoria ensured a professional approach which allowed us to expand our thinking and beliefs. YPA would highly recommend Victoria Lorient-Faibish as a speaker. She will definitely challenge your audience to think and analyze the information as a healthy skeptic. We thank Victoria for her inspiration and motivation!!

### **Lorene Sauro, RHN Director, CAHN-Pro**

Yours truly,I have had the pleasure of booking Victoria Lorient Faibish as a speaker on several occasions. She is always professional, well-prepared, entertaining and informative. We always receive positive feedback from attendees who have enjoyed her presentations?Working with the ?Saboteur? and "Why Holistic Psychotherapy??. Attendees were also impressed with her qualifications in her areas of expertise. She brings a unique perspective and has an ability to present her topics in a manner that makes it easy to understand. I look forward to working with Victoria again in the future

### **Nona Morrow**

Thank YOU so much Victoria for the incredible workshop. As a Life Coach and Executive Team Leader I'm always challenged to help inspire others to live happier more fulfilling lives. You've taught me that one of the best ways to help others is to experience a monumental self-acceptance of my own. You have helped me do that by challenging my old beliefs and negative patterns, you've given me tools to help me through wanting to reach for my old chosen method of comfort and soothing (food) to numb out my pain and overwhelm and to actually have the courage to feel my feelings. I've also learned from your course and your book that it's not only okay to be vulnerable but it's an essential to improve my relationships and to actualize my potential. I'm a work in progress but the steps you've taken me through have helped me not only overcome my fears and anxieties but the comfort of being in a group of people that feel the same way was very healing. Listening to the group's struggles help me feel better and more powerful. You helped us all see that none of us are victims or need to be prisoners of our fears, anxiety and depression. Left to my own devices and old patterns I can quickly spiral into overwhelm and want to hide out from the world, but your simple and straightforward ideas and tools are brilliant and help keep me connected. They work. And they will continue to work because I will keep practicing them. And best of all, no matter what I face in my life I know that I will be okay. I'm incredibly grateful for your life's work - you truly have a gift and I'm so glad you're sharing it with the world!

### **Elira Gjata**

On Dec 4th 2013 Victoria did a talk at Humber College- Lakeshore Campus, Toronto, Ontario at a fund raiser called "It Happens...Now Let's Talk About It" which raises awareness and support for student mental health issues. Her talk was called Find Your ?Self-Culture: Get in Right Relationship With Yourself. Move Past Anxiety and Neutralize Your Inner Bully! Victoria?s speech was both inspiring and uplifting. She connected with the audience at an emotional level and made lasting impressions. She gave an excellent presentation that captured the audience with her enthusiasm, smile, and helpful material.

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