The Trauma Freedom Project

Healing what holds you hostage

Specializing in Gentle Life-altering Healing for Traumatic Responses, Chronic Fears, and Phobias

Have you ever asked yourself: who would I be if I stopped living life based on a painful story?

Up until today has your personality been a composite of the limiting stories that still haunt you? Have you wondered who you might be if this story was not defining your life any more?

Ready to write a new story based on Victory and Freedom from what holds you hostage (unresolved stories/traumas)? Welcome, you have come to the right place. All of us are Divinity wrapped in human fears and limitations. I believe it is your birthright to fulfill your passions and fully potentiate!

Born to engaged Civil rights advocates from Alabama, I noticed very early that people could achieve all their inalienable rights and still not be 'free.' All of us have memories that hold us hostage (unresolved stories) which dictate our true freedom and potential.

My practice focuses on reestablishing freedom from the traumas, fears, phobias, and self-sabotage that until now have defined your ability to exceed and excel.

Stephanie Shipper has 33 years experience as a Certified Trainer of Neuro-linguistic Programming (NLP), a Trainer of Touch for Health Kinesiology and Consulting Kinesiologist, IAKP, a Certified Practitioner of Integral Eye Movement Therapy (IEMT), and a Havening Practitioner.

In addition to her therapeutic background, she has worked with clients such as the US Army Peacekeeping Forces, PSYOP Division, the NC Bar Association training Mediators, Live on NY (the NY Organ Donor Foundation), and has been a top corporate speaker in Conflict Resolution/Negotiation for Vistage International for 16 years.

It is my honor to serve you and make a difference in your life. I am available for both daytime and weekend hours and also work via Zoom.