

February 15, 2012

Janice Wilson

Retired Executive

To Whom It May Concern:

It is with great pleasure I provide testimonial regarding the work Dr. Wolff did with me in my dance with cancer. As of this date I am a seven-year survivor.

I was working with Dr. Wolff in a therapy session when I mentioned the lump on my breast that I had noticed many months earlier. While he was respectful of the non-traditional approaches I was using to address the lump, he was insistent that I seek an allopathic doctor's opinion to rule out cancer. He skillfully assisted me in dealing with my fear and denial such that I sought out a medical diagnosis. My worst fear became reality; I had stage four breast cancer.

Along with the diagnosis came the advice to quickly schedule a mastectomy. Dr. Wolff's response when I shared this news was to recommend I take a deep breath, not to be pressured by the medical experts, to obtain a second opinion and that he would do whatever he could to support me through this process. While he is not a medical doctor Dr. Wolff has the direct experience of assisting many clients wade through the complicated medical world. He helped me bring into focus my own needs and he would advocate for me when necessary. His experience, knowledge and support were invaluable throughout the process. The second opinion revealed that with the type of cancer and staging that a mastectomy was the worst possible approach.

Over next several months Dr. Wolff work with me allowed me to confront the immediate fear that naturally accompanies a cancer diagnosis. By reducing the anxiety it made that physical energy available to support my body during the cancer treatment. Through his sensitive attunement and unique approach to psychotherapy in the face of severe medical emergency Dr. Wolff was able to help me access and heal past traumas. Up to that juncture in my life those traumas had prevented me from being fully present in my body and fully conscious to my experience of this life. As strange as it may seem, there have been many gifts the cancer has provided me.

Throughout those first difficult months and up to this date in time Dr. Wolff has provided me support in addition to in person sessions through his creative and profoundly effective voice recordings. These recordings were created from the in person and at times telephone sessions in which I felt Dr. Wolff's genuine interest in my story, my concerns, my fears, my hopes, my dreams and what I thought about the cancer and the treatments. He wove my own words into guided meditations that helped with

everything from reducing anxiety, to reduction in negative side effects from treatments, to how to remain present to more fully embrace my life.

Dr. Wolff is a loving, caring and skillful practitioner with whom I felt fully seen. His mere presence was calming while he empathetically and compassionately held my being at the most vulnerable time of my life. There was never a time I felt a hint of judgment, even during the most challenging sessions when I revealed what had never been spoken. His guidance supported me in developing the internal strength and awareness while facing a life threatening illness such that I became an active participant in my healing process. While I have tremendous gratitude to all the members of my healing team, traditional and nontraditional, I credit Dr. Wolff for saving my life and supporting me in the ultimate healing of my spirit.

I recommend Dr. Wolff without reservation to anyone facing serious illness, surgery or psychological trauma.

Please feel free to use this testimonial, as you deem appropriate, as it is an honor to be able to give something back to you in recognition for all I have received from you.

With my most heartfelt gratitude,

Janice Wilson