



Diane Renz, MA, LPC, is a Neuroscience Practical Applications Facilitator, Licensed Psychotherapist, and founder & Director of the Center for Healthy Habits. As a nationwide speaker, seminar teacher, and writer, she translates the current neurobiological science of Attention into user-friendly tools to build best Habits of Body, Brain, and Behavior. Learn more about services available local or long-distance, visit her at CenterforHealthyHabits.com - *inHabit Body, reInform Brain, change Behavior™*

“Diane is an outstanding facilitator for mindfulness meditation. Her years of experience allows her to communicate powerfully and poetically. I felt like she leads with honesty and humility making the information accessible and clear for everyone. I am so deeply grateful to her. I now have a solid understanding and practice of mindfulness meditation that I do at home. I have studied many types of meditation practices but found MBSR to really clarify and simplify the universal principles of meditation.” - mbsr participant

Read More below

Diane Renz, is a Neuroscience Practical Applications Facilitator, Licensed Psychotherapist, Nationwide Speaker, Writer, Workshop Developer, MBSR Teacher, (2004 trained with Jon Kabat-Zinn & Saki Santorelli Center for Mindfulness, UMASS, Oasis Institute), and founder of *Center for Healthy Habits*, a worldwide Consulting, Coaching, Counseling Service, Creating Conducive Environments for Healthy Systems of Individuals and Organizations.

As nationwide speaker, seminar teacher, and writer, Diane translates the current neurobiology science of Attention into user-friendly tools for building best Habits of Brain, Body, Behavior.

She has explored decades long Study and clinical application for increasing our Competency in Stress and Anxiety, natural to being alive, yet little societal value

for, or training in, “Making Sense” of this human condition. She teaches about the interactive loop of body perception, interpretation, memory, meaning, and automatic reactive Patterns of Avoidance in repeated Relief-seeking, anywhere on the continuum of addiction, as she likes to say to the chagrin of seminar participants around the United States, “we are all addicts, from Netflix to Heroin”, leading people to rethink their assumptions about ‘those other people’ and that ‘opioid crisis’ not a moral issue, but better understood through reflection on our individual avoidance patterns.

She opened the Center for Healthy Habits of Body Brain Behavior which offers classes in MBSR, breaking the habit of Stress Eating, Anxiety workshops, and weekly drop in Mindfulness ‘taking it on the road’, Helping Community Connection to support health and well-being in-habits of Body, Brain, Behavior.

With over 30 years in Human Services & Mindfulness, trained in Transpersonal & Contemplative Psychology, philosophy, religious perspectives, as well as, extensive post graduate studies in Trauma and Somatic psychology, Neurobiology of Attention, her work is a confluence of various schools of thought and personal experiment.

Utilizing the latest neuroscience studies that show our capacity for changing our brains & biology through focused attention, she presents a variety of somatic and mindfulness based practices to help people affect state & behavioral changes.

Her work is fueled both by professional training and personal exploration. Through experimenting with her own anxiety, she developed tools for, what she calls; *Returning, Remembering, and Reinforming*™ the nervous system. Diane created a program for performance anxiety arising out of her own explorations with introversion and fears of public speaking. She has written and performed six autobiographical monologues, and appeared in two plays. She continues to use her own life as a study, implementing body mind practices that lead to integrative states. She has studied with Dan Siegel, MD, completing the interpersonal neurobiology teacher training, Dr Judson Brewer in the field of neuroscience of habits, trained as ‘behavior change facilitator’, Jon Kabat Zinn in Mindfulness Based Stress Reduction, and integrates the teachings of numerous other thought leaders in the field of Somatic research and Neuroplasticity. Diane’s view of a person’s inherent health guides her work; each symptom becomes opportunity for healing. Both her professional and personal experience has proven that you can turn ‘pain into possibility’ as it becomes your Gateway to Healing.

**Learn how to:
In-Habit your Body,
to ReInform your Brain,**

to change your next Behavior