Psychological Wellness Institute

Institute News

Upcoming Workshops:
New Dates
Coming Soon

Upcoming Releases:
Relaxation CD
Meditation CD

Classes and Workshops

We are the creators of Relaxingmoment.org, a full service online stress clinic. We also provide psychological education and mental health skills workshops in a variety of settings. We are dedicated to providing the highest quality educational and personal growth experiences possible using the latest scientific techniques. Our Institute classes give you the tools you need to achieve the life you want. Topics include Mindfulness Meditation, Self-Discovery, Self-Esteem, Overcoming Depression, Stress Reduction, Anxiety Management, Effective Communication, Relationship Skills- Building, P.T.S.D. Recovery, and more. Sign up today, and check back often!

Media Releases

We believe that current technology provides us with new and revolutionary possibilities for revealing the secrets and skills of good mental health. By combining cutting edge psychological theory and techniques with the power of technology, we believe the many benefits of psychological health and fitness can be available to all.

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