



SILVIA ARAYA

*Expert in Panic Attacks
IFS-1, CTP-1, RYT-IT*

BIO

Silvia Araya, born in Costa Rica and relocated to the US, is a Clinical Trauma Professional with over 15 years of expertise in panic attacks and anxiety. Her approach integrates psychology, Internal Family Systems (IFS), trauma-informed yoga, family constellations, and Bach Flower Therapy. Silvia holds a B.A. in Psychology and a Licensing Degree in Clinical Psychology.

Silvia is the author of *Is This What I REALLY Want?: How to Go Beyond Trauma into the Relationship You Deserve* and is certified in Bach Flower Therapy, Pranic Healing, Trauma-Informed Yoga, Numerology and Family Constellations.

CONTACT ME



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➤ SUGGESTED TOPICS

- 1. Understanding and Healing from Panic Attacks*
- 2. Holistic Approaches to Healing Trauma*
- 3. The Role of Personal Experience in Professional Healing*
- 4. Anxiety in Modern Life: Causes and Solutions*
- 5. Overcoming the Emotional Roots of Trauma*
- 6. Spirituality and Healing: Finding Balance in Trauma Recovery*
- 7. Breaking Through Anxiety: Tools for Daily Life*
- 8. Navigating Relationships While Dealing with Anxiety*
- 9. Numerology and Healing: A Unique Approach to Understanding Yourself*

➤ SUGGESTED QUESTIONS

- 1. Can you explain how trauma and anxiety are connected to panic attacks and how individuals can start their healing journey?*
- 2. How has modern life contributed to the rise of anxiety and panic disorders, and what are some simple lifestyle changes people can make to alleviate their anxiety?*
- 3. How do unresolved emotional wounds from childhood or past relationships manifest as anxiety or panic attacks in adulthood?*
- 4. You integrate spiritual practices into your therapy sessions. How does spirituality enhance the trauma-healing process?*