



Meet Sandra Reich

Why Sandra Reich?

Sandra Reich M.Ed, is the Clinical Director of the Montreal Center for Anxiety and Depression as well as Co-Director of Empowered Women Workshops.



Sandra's diverse background working in the bar business for 22 years, as well as living abroad has given her a unique ability to connect with all kinds of different people from all walks of life. Due to her unusual and unique background, people are naturally drawn to her distinctive approach and great ease to relate to the layman person as well as experts and scientists.

Sandra has been featured on Discovery Health Channel, Bravo, Global, APTN and on CJAD numerous times as an expert on Anxiety, Depression and Relationships.



**To contact or interview Sandra Reich,
call 514-796-4357
or contact by email info@helpforanxietydepression.com**

Why Sandra Reich?

Sandra Reich M.Ed

Sandra Reich M.Ed, created 2 companies in the Montreal area, with the mission of helping people create a better life for themselves, and take their blockages out of the way. She has a unique way of “telling it like it is” to which both her clients and audience really can relate to.

Sandra loves motivating people to find their better self and walking out of their comfort zone to create the life they deserve. She is a living example of what you can do when you put your mind and your heart into something, which is why her message is so well received and inspirational to the people she works with.



Sandra is a living example of a leader, a therapist and a motivator who not only talks the talk but-walks the walk!

Who is Sandra Reich?

Sandra Reich M.Ed, Clinical Director of the Montreal Center for Anxiety and Depression as well as Co-Director of Empowered Women Workshops.

Sandra's expertise has been summoned as an expert witness in a court case that focused on the role of anxiety and behaviour.

Sandra holds a Master's degree (with honors) in Counseling Psychology from McGill University.



Sandra has received extensive training from the Cognitive Behavioral Therapy Clinic for Anxiety Disorders at The Montreal General Hospital. She has participated in workshops and lectures with pioneers of Cognitive Behavioral Therapy such as Aaron Beck, Albert Ellis, David Burns, Martin Seligman, Steven Hollon, David Barlow and more.

She has also completed workshops and training in Emotional Focused Therapy with Dr Sue Johnson, Dr John Gottman and Leslie Greenberg- all innovators of this type of therapy.

Who is Sandra Reich?

<http://www.youtube.com/watch?v=DhUSYMXVakI>

In the last few years, Sandra has continued to broaden her repertoire with training in mind body/spirit work and its uses in Psychotherapy. It is widely believed that this full on approach is increasingly showing the highest levels of success in Psychotherapy. She brings the above training and philosophies to the entire mission of the Montreal Center for Anxiety and Depression.

SANDRA



Watch Working It Out Together on APTN

APTN East: Tuesdays at 8:30PM EST
APTN West: Tuesdays at 8:30PM MST
APTN HD: Saturdays at 12:00PM EST

For additional days and time visit
[the APTN Online Schedule.](#)

Catch the Mohawk version this
winter on APTN!



Watch Sandra on Working it out Together. Segment on Self – Esteem and Self-Worth

<http://www.youtube.com/watch?v=tzNTuz7TtGo>

Sandra Reich's accomplishments in the field

Founder and Clinical Director of

The Montreal Center for
Anxiety & Depression

The Montreal Center for Anxiety and Depression headed by **Sandra Reich** has the mission to create a warm, open, respectful and safe setting in which clients can learn, grow, and overcome the difficulties they face.

The Center takes an eclectic approach to client wellness and respects the client's work life, family traditions and sexual orientation – as well as cultural & spiritual beliefs.

The Montreal Center for Anxiety and Depression specialize in therapy

For adults
and children,
and proudly
maintain a
95 percent
success rate.

Imagine * Believe * Receive
creatingbliss.com

Salvage * Recycle

Sandra's accomplishments in the field

Co – founder

EMPOWERED | **WOMEN**
♀ **WORKSHOPS**

EMPOWERED WOMEN WORKSHOPS on a mission to help women help themselves. Since 2009., EMPOWERED WOMEN WORKSHOPS has the mission is to help modern, smart women take their lives to new levels. They have been hosting a series of inspirational workshops that introduce and demonstrate simple and effective techniques that are designed to empower all women.

EMPOWERED WOMEN WORK

has been featured locally and at the renowned 5 stars Spa Eastman to sell out crowds of women who have had life changing “aha” moments over and again.



The workshops address issues like self-abandonment, over-functioning and how it affects our lives and relationships. Amongst other issues Empowered Women Workshops has the mission to teach self-love, how to avoid traps, and empower women. Thru shared experiences support and experiential learning-women learn to grow into the best versions of themselves.

Sandra as a Key Note Speaker:



The Montreal Center for Anxiety & Depression
West Island Location

Submitted by SB

The Montreal Center for Anxiety and Depression offering experiential training and workshops on many diverse topics, has come up with another fascinating presentation of subject matter that is relative to most people wanting to live a more fulfilling life. My attention, as well as everyone present, was focused on speaker Sandra Reich M.Ed, Clinical Director of Montreal Center of Anxiety and Depression.



A full house centered around a boardroom conference table has become the norm for these workshop presentations. The audience is a mixture of private individuals, clinic clients as well as other professional therapists.

The presentation was titled **LIVING A PURPOSEFUL LIFE FINDING MEANING AND HAPPINESS FINALLY: TRICKS AND STRATEGIES TO LIVE THE LIFE OF YOUR DREAMS** and was held on August 27th.

Sandra speaks about "What she knows for sure" to live a life of meaning and purpose and avoid the common traps that block happiness. Let me add that she is absolutely a master of public speaking. Her talk is intimate as it is always you she is directly speaking to. She is forthright and truthful about herself and her life. It is evident that she practices what she preaches.

I found this workshop also to be very informative and a thought provoking experience. I found her correlation of stepping outside of your comfort zone and that of taking responsibility for your life by the choices you choose, to be certainly worthy of more further thought, but I want to mention one of the many statements made through her presentation that was very, very impactful, and by the reactions in the audience not just to me. It was about forgiveness and how forgiveness has nothing to do with the other person, but has everything to do about yourself. I hope we see down the road that the subject of forgiveness in itself becomes another fascinating evening of self consideration and enlightenment.

Following the presentation people were pre-ordering dvds of the talk they just heard and registering for events that the Montreal Center for Anxiety and Depression offer. To order a copy of Sandra's talk on Living a Meaningful Life or to find out more about the center, be sure to visit their website linked directly below.

The Montreal Center for Anxiety and Depression
514-777-4530

The Brunswick Medical Building
955 St Jean, Suite 205, Pointe Claire, QC
Info@helpforanxietydepression.com
www.helpforanxietydepression.com

The Montreal Center for Anxiety & Depression

Living a Purposeful Life

by Sandra Reich M.Ed



Click here for a sample of keynote

Sandra Reich as Presenter, Motivator- Key Note Speaker:



Teaser:

<http://www.youtube.com/watch?v=FzQQ8CBFeWs>

Sandra Reich Radio:

The Aaron Rand Show

Informative & Entertaining

Weekdays 3 – 7 PM



Sandra's radio appearances have been highly well received. Sandra she is a frequent expert guest

Listen here:

<http://www.helpforanxietydepression.com/media/videos/>

Sandra Reich Radio: *Dr Laurie Betito*



Listen here:

[http://www.helpforanxietydepression.com
/media/videos/](http://www.helpforanxietydepression.com/media/videos/)

Sandra's Publications :

Follow Sandra Reich in

The Suburban

In her monthly column

Sandra's Strategies for life and Well-Being



Sandra's strategies for life and well-being

By Sandra Reich M.Ed.,
Clinical Director of The Montreal
Center for Anxiety and Depression.

Hello there!

A theme that comes up often at The Montreal Center for Anxiety and Depression with not only anxiety but with life challenges is :

Where do you draw the line?

This question can define so much of your life. Many of us are not clear on where the line is. Having a line is a boundary and having a boundary is absolutely necessary to commanding respect and being taken seriously. It is also an important self-care concept that will protect you from the dreaded "selling of your soul", that if done repeatedly, ultimately leads to anxiety and depression at the minimum. Take a moment now and think about where you draw the line in your marriage, with your children, with your friends, in business, with caretaking a loved one and in life in general.

That is step one: know your limits and live true to them. Of course the next question often asked in my office is "yes but what if someone does not respect those limits?" A great question because of course someone will try to push your limits. It is part of our human nature, much like we secretly try to get away with not doing a full stop at a stop sign, even though we know we should. What happens when we don't do a full stop and the police are around by the way? We get a ticket! That is a great metaphor for life as a ticket is a consequence for not respecting a limit. The same holds true for crossing the line in our relationships. Firstly, the rules must be

made clear much like we are all taught at driving school to do full stops at stop signs, we must tell our loved ones, colleagues etc where we draw the line and ask for that boundary to be respected. If it is not respected then a ticket of sorts must be issued.

That leads to the inevitable next question: **"What kind of consequence do we give?"** Well there is not one set answer on this question, but a consequence almost always involves you! You are being giving, kind and respectful to another and they cross the line- what can you take away? You cannot give them a traffic ticket though it would be tempting at times - but you can remove yourself and trust me they will notice. Not always right away, but give it time. You are important- take yourself seriously.

We forget often to take ourselves seriously and then we are so disappointed when others don't either. We set the bar for how we are treated. Ironically, we all do better and are happier in relationships and life with boundaries even though we don't always love them. Would we really want a world without police and tickets? We hate the tickets but love the safety of what the boundary provides. Relationship boundaries work the same way. Whether it is dealing with an aging parent, a romantic relationship, your family, a business colleague or whomever- drawing the line will protect you and that relationship.

Come say hi to us at one of our upcoming talks where we will be tackling this topic in relation to aging parents, anxiety and depression, living your dreams and much much more. Keep sending in your questions or victories and enjoy the beauty of September!

Sandra

Submit your questions to Sandra by writing suburban@thesuburban.com or by fax 514-484-9616 Attn :Sandra Reich.

*To view more articles,
please go to
[www.helpforanxietydepression.com/
articles/](http://www.helpforanxietydepression.com/articles/)

Sandra's TV appearances:



<http://www.youtube.com/watch?v=Ycnf0IfbyiY&feature=youtu.be>

Working
it out,
Episode
4
APTN
Network



Global TV,
Morning
Show

<http://www.youtube.com/watch?v=VSHYduw2dug&feature=youtu.be>



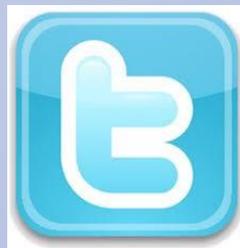
Sandra has also been featured on Discovery Health Channel, Bravo, Global, and the APTN Network on Working it Out Together season 1 and 2.

Sandra Reich in Social Media:



Enjoy our
FREE THERAPY TUESDAY
Videos filled with tips to live
your best life!

Check out our
Life Changing
**UPCOMING
EVENTS**



Testimonials from Sandra's audience, retreats and client results

"This was a life changing event of self-discovery, honesty, courage and inspiration. I've learned so much about myself, gained tools to help with my journey to being the best version of myself possible and be friended and incredible group of empowered sisters!"

- Tracey D (Gemini Award Winning Film Director)

<http://www.youtube.com/watch?v=FY5cWEGvn7Y>

Spa Eastman Retreat testimonials

"Life changing – Sandra teaches you to go within, heal yourself reconnect with your authentic self and gives you the tools you need to transform your life one step and a time in the direction you wish to achieve in your life."

- Joanne G (Naturopath)

Testimonials from Sandra's audience and clients

“Dear Sandra- A wise person once told me that self-worth is estimated at a billion dollars. That person also told me never to sell one's soul , to live every moment, to embrace change, to treat ourselves like we would a friend with love and respect and to have healthy boundaries. That person made me aware of all that and so much more. I am forever grateful that this person came into my life. You're the best!”

- Nicky B.

“I will never be able to thank you enough. You have changed my life and I just want you to know how grateful I am – for your caring, unwavering support, honesty and help.”

- Tina D.

Sandra – I just wanted to thank you for everything you did for me. I have found peace and contentment that I have never know before... I don't think I would have even started this path if it were not for you. And you opened my eyes to so much that I did not even see. I honestly feel you saved me and I will be eternally grateful to you for that.” - Michael G.

Sandra Reich the #1 Best-Selling Author:



In 2014, Sandra wrote a motivational self-help book titled “Once Upon a Time: How Cinderella Grew Up and Became a Happy and Empowered Woman”

Sandra’s wisdom, experience, and her in-depth understanding of human behavior made the book extremely sought after. In March 2014, Sandra officially became a “#1 best-selling author” on Amazon.com

Sandra Reich



For more information on booking Sandra Reich please call 514-796-4357 or email info@helpforanxietydepression.com