**Biography of Carrie A. Franklin, Ph.D., M.A. H.D. C.Ht.**

**My Experience as Nutritionist Began in 1984; I have been a Homeopath since 1997; I am a Certified Hypnotherapist since 1995. I began working with clients in my private practice which was located in Westwood, California and from there I moved into Pacific Palisades, California where I worked for 10 years. Today, my practice serves the Conejo Valley Area (Westlake Village; Thousand Oaks; Newbury Park and Camarillo). I have worked over the many years with newborns, toddlers, grammar school and up through college age adults. My primary practice today is with adults, but every once in a while, I work with my client’s children.**

**My area of specialization includes but are certainly not limited to stress-management, sleep improvement, test anxiety, self-esteem building, fears and phobias, athletic performance enhancement, personal fitness motivation, smoking cessation, and fear of dental work, digestive disorders, hormone imbalance, weight issues, allergies, eating disorders and so much more. I have worked over the years with professional athletes, doctors, professors as well as professional pilots. We all seem to go through phases where we get blocked or stuck.**

**Education:**

**Ph.D. earned Nutritional Medicine**

**Homeopathic Doctorate Degree**

**Master Arts Degree**

**BA degree**

**Associations:**

**American Hypnosis Association**

**American Counseling Association**

**The National Center for Certified Nutritional Consultants**

**The National League of Medical Hypnotherapists**

**The National Center for Homeopathic Practitioners**

**The Ventura Board of Realtors**

**The Ojai Board of Realtors**

**The Multiple Listing of Los Angeles**

**IDEA Health and Wellness Association**

**Carrie A. Franklin, Ph.D. Page Two**

**Certifications:**

 **2016 Adolescent Mental Health First Aid
 2016 Certified Understanding Hormones \*Women's Hormones & Exercise
\*Understanding Hormones
\*Balancing Hormones for Optimal Weight Loss
\*Fitness for Cancer Survivors
\*Research and Exercise for Breast Cancer Patients
\*How Hormones and Metabolism Change the Training of Females\*Women's Hormones & Exercise
\*Understanding Hormones
\*Balancing Hormones for Optimal Weight Loss
\*Fitness for Cancer Survivors
\*Research and Exercise for Breast Cancer Patients
\*How Hormones and Metabolism Change the Training of Females**

 **2016 Certified Balancing Hormones for Optimal Weight Loss\*Women's Hormones & Exercise
\*Understanding Hormones
\*Balancing Hormones for Optimal Weight Loss
\*Fitness for Cancer Survivors
\*Research and Exercise for Breast Cancer Patients
\*How Hormones and Metabolism Change the Training of Females
 2016 Certified Fitness for Cancer Survivors**

 **2016 Certified Research and Exercise for Breast Cancer Patients**

 **2016 Certified How Hormones and Metabolism Change Training**

 **2016 Certified Balancing for Optimal Weight Loss IDEA**

 **2016 Certified Women’s Hormones and Exercise**

 **2016 Certified Burning Belly Fat**

 **2016 Certified Get Rid of Belly Fat through Nutrition and Exercise**

 **2016 Certified Balancing Hormones through Nutrition**

 **2015 Trauma Recovery Hypnosis Certification**

 **2013 Certified Prenatal & Postpartum Exercise Design Programs**

 **2011 Certified Corrective Exercise Specialist**

 **2011 Certified Pediatric Hypnotist for ADD, ADHD, Autism**

 **2010 Certified Forensic Hypnotherapist**

 **2009 Certified Performance Enhancement Specialist (PES)**

 **2008 Certified Instructor of Zumba Fitness**

 **2007 Certified Instructor of PiYo Fitness**

 **2006 Certified Instructor of First Responders for Emergencies**

 **2006 Certified in Hypnosis Pain Management**

 **2006 Certified in Cancer Pain Management**

 **2005 Certified as Self-Hypnosis Instructor**

 **2003 Certified Hypnobirthing Practitioner**

 **2002 Certified Homeopath for Degenerative Diseases**

 **2001 Certified in Medical Hypnotherapy**

 **2001 Certified in Guided Imagery for Cancer Patients**

 **2000 Certified Nutritional Consultant**

 **1998 Certified Stress Management Hypnotherapist**

 **1996 Advanced Clinical Hypnotherapist Certification**

 **1996 Certified in Flower Essence and Flower Remedies**

 **1995 Certified in Clinical Hypnotherapy**

 **1994 Certified Personal Fitness Trainer (ISSA)**

 **1994 Certified Youth Fitness Trainer**

 **1994 Certified Elderly Fitness Trainer (ISSA)**

 **Contact:** FranklinDrCarrie@aol.com **Blog: BeFitNow.Me**