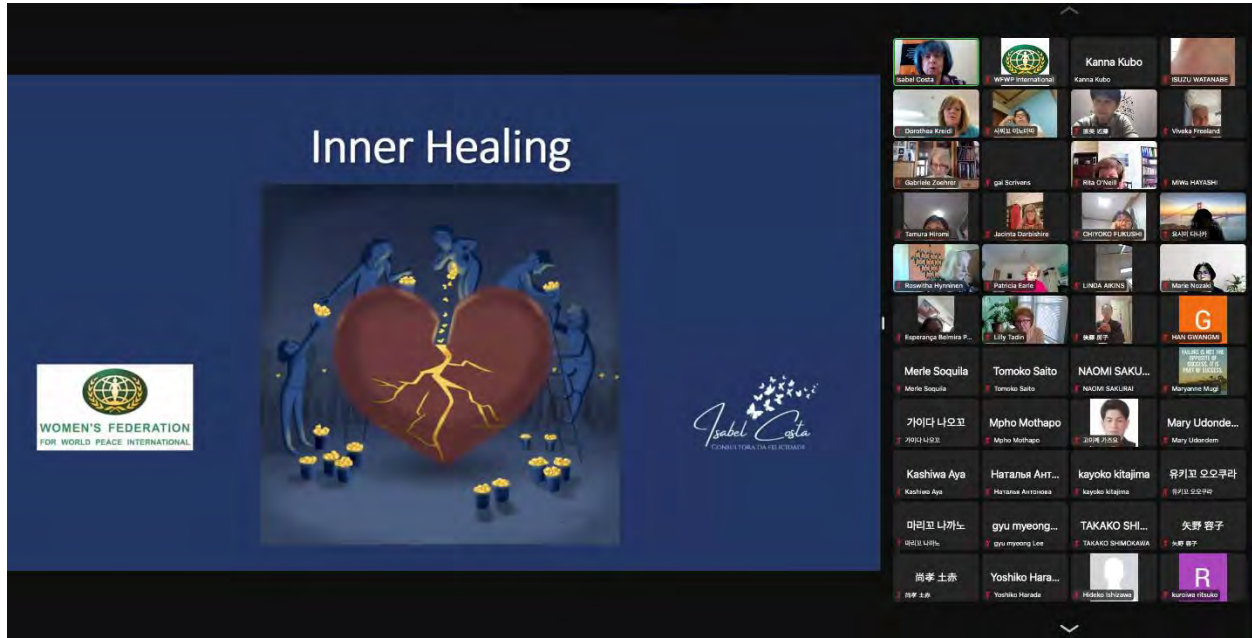
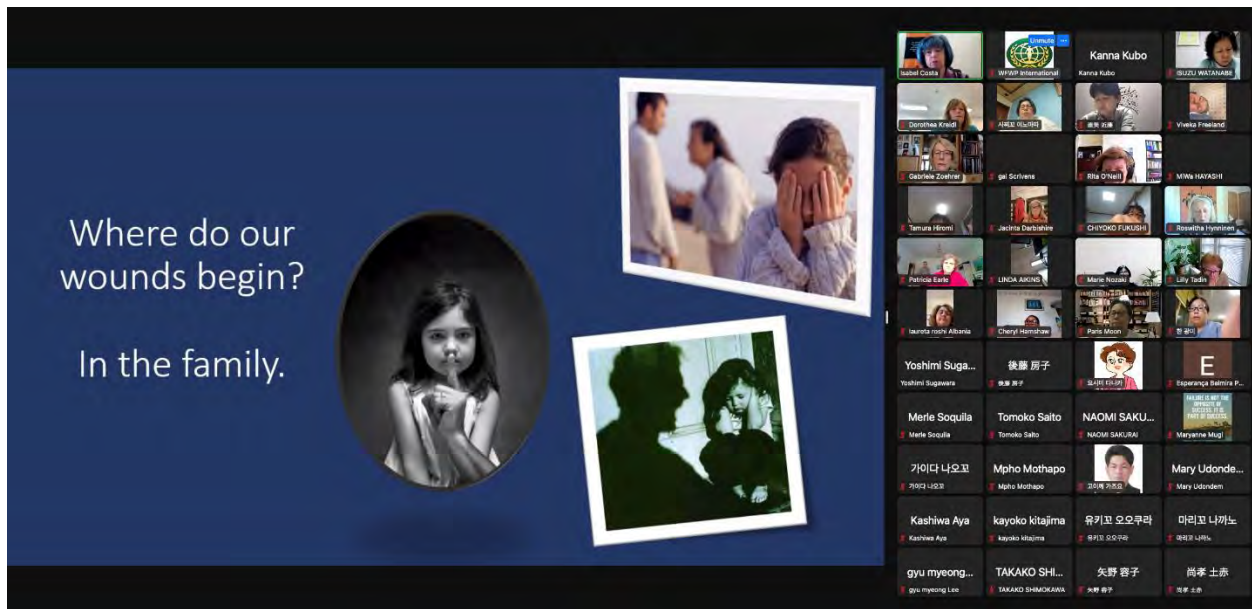


WFWPI Inner Healing Sessions With Dr. Isabel Costa

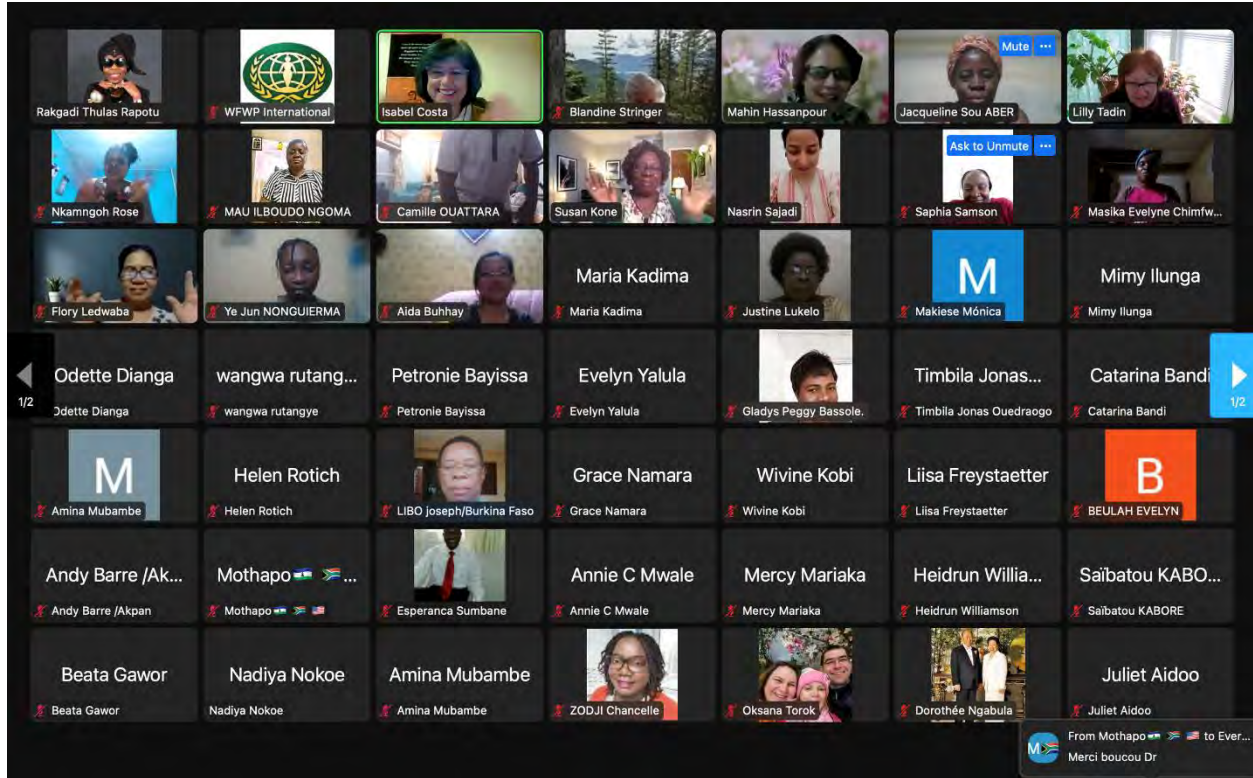
Mion Tsuchiaka
May 2024



Dr. Isabel Costa's sessions, "Inner Healing," are becoming increasingly popular with Women's Federation for World Peace (WFWP) members and guests worldwide. She offers reliable and helpful advice, supporting many families through free sessions provided by WFWP. Recently, there was a request to run sessions in different languages, and WFWP decided to conduct sessions in the three languages with the most members: Spanish, French, and Japanese. From December 2023 to May 2024, 50 to 100 people worldwide participate weekly in the online sessions.



These sessions are designed to help families, especially couples, heal their inner child and improve relationships between spouses, ultimately benefiting their children. Participants feel comfortable and free as they are warmly welcomed into a community of like-minded individuals with shared goals. WFWP plans to continue organizing such sessions to give as many families as possible the opportunity to share their insights and receive professional support in their daily lives.



Dr. Isabel Costa is a professional therapist with degrees in Naturopathy from Escola Superior de Biologia e Saúde (Portugal) and Hypnotherapy from IACT (USA). She has authored two books on healthy eating and co-organized the Multidisciplinary Congress on Healthy Eating, held annually for six years in partnership with ComMedida. She created and teaches the Holistic Nutrition Course at the Institute of Traditional Medicine since 2014. Additionally, she holds a postgraduate degree in "People's Management and Organizational Happiness" from Universidade Atlântica. Currently, she serves as a Happiness Consultant, providing consultations for individuals and online training for groups and organizations.