

# Gabrielle Doucet

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## **Current Employment**

Author

Healing Energy Practitioner

Stress-Free Landscape Design

## **Work Experience**

As a Registered Nurse and a person of Spirit, I have spent my last 11 years working with people on how to improve their health, and reduce stress through the mind-body connection. I believe through education and adjustment of landscape and environment, we can gain a more balanced lifestyle. In this professional role, I design space that would move us away from the stressors of everyday life that we all face and into better health.

To that end, several years ago I developed a program in which my clients could experience personal healing from a variety of conditions; pain, injury, fear, anxiety, sadness and chronic/acute illness. This program put them in control and gave them tools to work with so they could function minute to minute, on their own – out there.

## **Personal Experience**

My most significant qualification to the writing of this book is the fact that I am a survivor of suicide – my son having taken his own life at the age of 41 years. Thirty years ago when I began my medical journey providing effective Quality Management for patients in nearly each of the major Health Care Organizations in the Northeast and nationally, I had no idea how important this training would become for me personally. Understanding how the body works or fails to work under certain conditions comes with the job, but it began with believing in self-love. In the last 10 years, I have expanded my training and expertise to include supplementary practices toward maintaining a healthy body, mind and spirit. We, the survivors of suicide, especially need this guidance.

## **Volunteer Experience**

Designing healing and stress-free gardens and landscapes for CA patients and CA survivors.

Providing structured free healing clinics for clients in need.

### **Education**

Bachelor of Science in Nursing: A mid-western University

Master's Degree in Business Administration (MBA): A northeast University

Master's Degree in Healthcare Administration (MHA): A northeast University

Currently residing in the Northeast.

### **Contact**

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