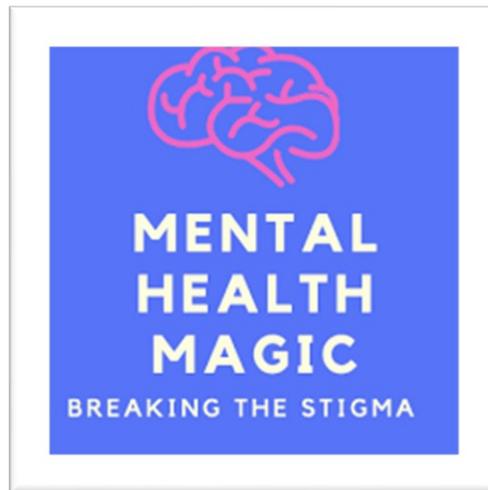


What is **Mental Health Magic Rx** Therapy?



Over the last decade, the medical field has witnessed the advancement of the Alternative Medicine and arts as a therapeutic wellness tool in physical and psychosocial rehabilitation. Robust scientific research supports the use of specific **art disciplines** to enhance client motivation , stress management and engagement as well as neuroplasticity . But we've also witnessed how the arts can improve a variety of skills including cognition, motor skills, communication, social skills, and flexible thinking (creativity) mental hygiene vitality.

Magic Rx Therapy – Dr . Monica Franciosa founder of Behavioral Wellness and Arts Associates , core multidisciplinary career and academic background *holds Associates Surgical Technology/First Assisting , Bachelors Health Administration Master Arts Liberty University Marriage Family Psychology , Doctor Metaphysics , and Indian Board Alternative Medicine*, with an array postgraduate continuing education interest in Addiction behavior and psychoeducation specialized techniques diploma certificates such *a Hypnosis, CBT, Brain Science Fitness and Sleep Science* , As a result, Dr. Monica implemented a unique **[integrative Faith based and secular approach protocol of science evidence-based behavior modifications](#)** and Alternative Medicine practices thus she collective coined as **Mental Health Magic Rx** – is the newest of these techniques for therapists and patients to add to their toolbox that provides therapists , coaches, and HEALERS with a new treatment technique TOOL to help motivate and engage their clients to become more intuitive and holistic in their treatment.

“Using Mental Health Magic Rx as a supplemental modality that empowers therapists/ and client with an exciting new tool to help clients to optimize Mental hygiene with mindfulness and intuitive practice routines with Dr. Monica innovative trademark programs, services and products for individuals and/or groups such as **Cauldron Kitchen , SIS, Candle Magic Rx, Hypno-Sis , Life Contour , Lil Bit Magic ESA Animal Services** are fun insightful engagement exercises consisting of **Affirmation Cards, Intuitive Tarot, Candle Aroma Therapy and Herbal & Cannabidiol horticultural therapy** wellness integrations not limited to.