

Lisa Tahir, LCSW

AUTHOR, PSYCHOTHERAPIST, PODCAST HOST,
ARTIST, FOUNDER OF PSYCHOASTROLOGY®





About Lisa

Lisa Tahir is from New Orleans, Louisiana, where she became a Licensed Clinical Social Worker (LCSW) in 2000. She expanded her practice to Los Angeles, California, in 2014, and attained her second LCSW license in California in 2016. She is additionally certified in EMDR level I, Reiki level II, and as a Thought Coach through the Institute for Transformational Thinking in Los Angeles, California.

Lisa has private practice office locations and residences in both Los Angeles and New Orleans, and she lives between both cities with her cats Jiggy and Baby. Lisa is passionately committed to working with people to help them heal through all of the senses of the body by utilizing intuition, therapy, energy healing, meditation, Reiki healing, crystal healing, nutrition, sound frequencies, yoga, exercise, podcasting, writing, and teaching.

Lisa enjoys speaking on topics related to psychoastrology®, spirituality, emotional health, physical health, and mental well-being. She's also an Invited Executive Contributor to [Brainz Magazine](#).



Lisa loves maintaining her fitness through many self-care practices and activities that range from meditation, reading, writing, creating glass art, running, indoor rock climbing, yoga, surfing, traveling, weight lifting, and spending time with family, friends, and loved ones.

She hosts the popular weekly podcast **All Things Therapy** found on Apple Podcasts, Google Play, iHeartRADIO, Stitcher, YouTube, and other places where podcasts are found.

Please reach out to schedule individual, couple, and group intuitive psychotherapy sessions; request media appearances, interviews, and speaking engagements, or to learn more about your personal Chiron through her one-on-one intensive psychoastrology® monthly coaching program.

At nolatherapy.com you can connect with Lisa Tahir and learn more about her work including her nonprofit, “The Yes Foundation, INC.” It uses tax-deductible donations to teach children and adults with disabilities to blow and cast glass art utilizing her ADA compliant and US patented workbench, “The CHAIR-iot.”

The Chiron Effect

We all have experienced disappointment, sadness, rejection, or the loss of something meaningful in our lives. When you are wounded, innate animalistic instincts for self-protection kick in as a means for survival. These behavior patterns are a natural and necessary coping strategy, at first. But many dwell far too long in these patterns and separate themselves from their source of inner wisdom and intuition.

Using astrology as a diagnostic tool, Lisa Tahir reveals how to use the astrological placement of the minor planet Chiron in your birth chart to identify the core wounds and unconscious patterns that block your capacity to have self-empathy and to forgive.

Coining the phrase “Chiron effect” to describe the magnetic pull that individuals have around specific areas of vulnerability, she explains how, like a raw nerve, the placement of Chiron describes what parts of our lives we might edit or hide for fear of being rejected as well as the areas of sensitivity where we are triggered.

THE CHIRON EFFECT

Healing Our Core Wounds through
Astrology, Empathy, and Self-Forgiveness



Lisa Tahir, LCSW

Offering a chart and online links to allow you to determine Chiron's placement in your chart, the author explains how Chiron affects you psychologically, emotionally, sexually, spiritually, socially, financially, and intellectually depending on the sign and house it falls within.

She outlines how to begin healing your core wounds through empathy and self-forgiveness, providing several steps for each sign placement to shift self-destructive patterns and learn to protect yourself as well as powerful affirmations infused with Reiki healing energy to help you anchor a new belief system.

As Lisa Tahir reveals, once identified, your personal Chiron placement can become the source of your greatest healing and empowerment. By recognizing your core wounding and learning to offer yourself empathy and forgiveness, you can finally break free from suffering, end self-sabotage, and allow your life to unfold in a new way.

Book details:

**The Chiron Effect – Healing Our Core Wounds
through Astrology, Empathy, and Self-Forgiveness**

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paperback (224 p)&ebook



"I am sure your book will be of interest to many and will greatly benefit your readers."

- His Holiness the 14th Dalai Lama





Talking Points

- Why did you write this book, and how long did it take you?
- Who/what is Chiron?
- Have others spoken to this issue of core wounding? What other terms may it be known by in the psychological field?
- What is Psychoastrology and how is it useful?
- How does one begin to heal their core wounds? Is it truly possible?
- What is the difference between Chiron's core wound in an astrological sign of your birth (natal) chart vs. Chiron's core wound in an astrological house of your birth (natal) chart?
- How does one move from awareness of their core wounding into transformation of that core wound, asked another way, how does one move from wounding to healing?
- Do you heal core wounding once and for all? Will it "come back?"
- What can readers expect to takeaway that is useful from your book?
- Are Chiron's core wounds found just within people, or can a city or country have a core wounding that exposes an area of vulnerability also?

All Things Therapy Podcast

CHANGING CONSCIOUSNESS ONE CONVERSATION AT A TIME

All Things Therapy is a podcast dedicated to promoting personal growth and advancing the conversation on emotional, psychological, and spiritual development in a way that's accessible to people all over the world.

Launched in March of 2016, host Lisa Tahir interviews leaders and innovators in the fields of psychology, the mind, body, spiritual, transformational, philosophical, and political communities, as well as the arts, business, and entertainment industries.

Experts from all walks of life stop by to discuss pain, loss, hope, healing, and what gives them the motivation to keep growing and evolving into their most authentic selves.

The purpose and mission of All Things Therapy has been to add to the collective narrative of healing and inspire listeners through Changing Consciousness One Conversation at a Time.



ALL THINGS THERAPY PODCAST
www.NOLAttherapy.com

*"This is such a fantastic podcast! I learn something new every time I tune it. I love the variety of guests Lisa hosts and it's clear she has a passion for, "All Things Therapy"!
- iTunes listener*

A Small Sample of Noteworthy Guests:

Katie Hill, Former member of the U.S. House of Representatives

Marianne Williamson, NY Times bestselling author, international speaker, co-founder of The Peace Alliance

John Gray, PhD, NY Times bestselling author of Men Are from Mars, Women Are from Venus, and Beyond Mars and Venus

Dr. Judith Orloff, Psychiatrist and NY Times bestselling author of The Empath's Survival Guide

Katherine Woodward Thomas, NY Times bestselling author of Conscious Uncoupling

David Kessler, author of 5 bestselling books including The Needs of the Dying and You Can Heal Your Heart (with Louise Hay)

Dawson Church, Ph.D., bestselling author of Mind To Matter, and founder of the National Institute for Integrative Healthcare.

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Apple Podcasts – Google Play – Stitcher – Spotify – YouTube
and many other podcast platforms!



All Things Therapy has over 1 million downloads. The podcast reaches listeners all over the world, with the largest audience residing in the United States, followed by France, Italy, Indonesia, and Bali.

The All Things Therapy audience is a mix of professionals including activists, therapists, psychologists, teachers, business people, and other leaders in the Mind, Body, and Spirit genre.

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Lisa is an Executive Contributor at [Brainz Magazine](http://BrainzMagazine.com).

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We're happy to send you media pictures for you to use!

