

## Testimonials

*Bruce is a gifted intuitive and creative healer. A real master walking in our world.*

Laura Bain, Coach & Trainer, Solutions Consulting.

*I've known Bruce for over 20 years as both a friend and colleague. He has been active in promoting mental health, sobriety, and safety to a number of populations in our community. I think of him as one of my most creative and dedicated colleagues.*

Carol Lambert, PhD

*Bruce has an ability to reach through to a client past their defenses. He is able to gauge his interventions to the client's level of need. He has done extensive research and has a clear knowledge of the theory behind the practice. I do not hesitate to refer clients to Bruce.*

Richard Kurtz, MPH,  
LMFT

## Workshops and Trainings

Bruce Bibee has proven success in presenting dynamic workshops and trainings for a variety of audiences. These workshops are consistently rated "Excellent" by participants.

From Judicial Conferences to Girl Scouts, from rural communities to women's groups, he facilitates change that improves lives. His workshops provide strong theoretical foundations and practical applications for improving participants self-esteem and providing them with direction towards continued growth.



### **Bruce Bibee Counseling**

700 W. 41<sup>st</sup> Ave. Ste. 204  
Anchorage, Alaska 99503

907-562-1242

[www.brucebibeecounseling.com](http://www.brucebibeecounseling.com)

# Bruce Bibee

- Master's Level Transpersonal Counselor
- Alaska Licensed Professional Counselor
- Master Instructor, Int'l Kung Fu San Soo Assn.
- Dynamic Presenter & Trainer
- Accomplished Author



## **Bruce Bibee Counseling**

Bruce has over 25 years experience as a counselor, healer and trainer. He specializes in Recovery Paradigm Counseling, which involves all areas of recovery. In addition to working directly with clients, Bruce has developed individual, group and residential programs, including teen after school programs. His Anger Management programs are highly recognized for their success.



## Spiritual Warriorship Program

Everything Bruce Bibee Counseling does – from individual counseling to full-blown conference workshops – is grounded in the principles of spiritual warriorship. At the root of this concept are two principles: 1) developing personal power; and 2) learning the right use of power. In a very real sense, personal growth, healing, and psychological development are dependent on these principles.

We offer the basics of spiritual warriorship in a unique program that consists of a series of workshops that not only explore the spiritual side of the martial arts, but also simplify development into a series of triangulated settings. The program, is based on

Bruce's book: *Homo Sapiens – an owner's manual*; as well as experiential exercises based on martial arts.

As part of this approach is the six-week course: Empowerment Through Self-Defense. This is a women's self-defense course that Bruce has taught since 1978. The Spiritual Warriorship approach carries over, informing his work with children, teens, and his counseling with individuals and groups. In fact, the title of his master's thesis is: *An exploration of spiritual warriorship and its applications*.

If you're ready to be pushed to achieve your full potential, you found the right place.

## Publications

### *Zen and the Womanly Art of Self-Defense*

The basic text for our Women's Self-Defense Class. This is self-published and not widely available.

### *A Transpersonal Approach to Spouse Abuse Treatment*

The complete model for the spouse abuse treatment program -- used with success for both civilian and military clients.

### *Homo Sapiens: an owner's manual*

Available through BookLocker.com and other outlets. This is the basic text for the Spiritual Warriorship model.

### *The Deep Healing Process: a quick guide for those who dare*

Available through Infinity Publishers and other outlets. This book is an overview of the PTSD healing process.

### *Wise Ways for Trauma Survivors*

Available through BookLocker.com. This book is Bruce's contribution to the Wise Ways literature pioneered by Jan Lindeman, PhD.