

# Portfolio

Bree Abrams

Graphics



Layout



Photography



Web



# *Page Layout Examples*

Tri-Fold for WellSpring Associates in Santa Cruz, CA

Newsletter for WellSpring Associates in Santa Cruz, CA

Page 2, 3, 4 & 5 of 8 from InDesign 2 project, a photo layout of the Seattle Sculpture Park

Verdiem Corporation Samples

*Xander Abrams* PH.D., LMFT, CPC

Psychotherapy,  
Hypnotherapy,  
Mind/Body Health,  
Personal Coaching

Having been in private practice since 1975, Xander Abrams, Ph.D. is a California licensed marriage and family psychotherapist (MB23804).

The focus of Xander's practice is on life transition and wellness.

Additional certifications include: California State Hypnotherapist; Redecision Therapist from Bob and Mary Goulding; Senior Life Transition Coach from the Hudson Institute; licensed sailing captain from the United States Coast Guard. He received his Ph.D. in Psychology from the Fielding Institute.

831.420.7067 tel./fax  
xander@wellsprg.com  
www.wellsprg.com

Wellspring Associates  
700 Frederick St. #304  
Santa Cruz, Ca. 95062



Psychotherapy  
Hypnotherapy  
Coaching

## WELLSPRING

The recent proliferation of research on wellness, prevention, and healing demonstrates that by using your mind in a positive manner you can manage stress and compliment medical treatment.

WellSpring's programs help people resolve personal and professional problems by focusing on what they can control successfully. We provide unique solutions for each individual using a mind / body approach to health.

*"I help people  
shrink limitations  
and  
expand choices."*

## PROGRAMS

### QUALITY MEN'S GROUP

For men wanting to improve their personal and professional relationships  
Meets 7:00 – 9:00 PM San Jose  
8 Person Maximum  
Cost: \$45.00 per session

### WELLSPRING GROUP

Experiential wellness program in the Mind/Body approach to Health  
Meets 7:00 – 9:00 PM Santa Cruz  
Limited to 8 people maximum  
Cost: \$45.00 per session

### CONSULTATIONS: INDIVIDUAL & COUPLES

Tuesday-Friday in Santa Cruz  
Monday in San Jose  
Cost: \$105 per session

### INDIVIDUALIZED HEALTH TAPE

Pre-interview, individualized audio mind/body tape, post-interview  
Total Package Cost: \$300.00

### SAILING

Experience the power of teamwork in a real-time environment.  
Program: Goal setting interview, sailing program, results assessment.  
Teambuilding limited to 6 people.

## MIND/BODY HEALTH

### TECHNIQUES USED:

Imagery  
Stress Reduction  
Coping Skills  
Hypnotherapy  
Pain Reduction

### SERVICES:

Group  
Individual  
Couple  
Email  
Sailing  
Coaching  
Teamwork

*You cannot control the wind -  
You can adjust the sails.*

Services available via: Individual, Group, Email, Phone



WellSpring's programs help people resolve personal and professional problems by focusing on what they can control successfully and developing a positive attitude. We provide unique solutions for each individual using a mind-body approach to health.

The recent proliferation of research on wellness, prevention, and healing demonstrates that by using your mind in a positive manner you can help reduce stress and manage illness.

Psychotherapy | Hypnotherapy  
Mind-Body Health | Coaching

WellSpring Associates  
700 Frederick St. #304  
Santa Cruz, CA 95062

Bree Abrams  
4110 236th ST SW #N306  
Mountlake Terrace, WA 98043

Place  
Stamp  
Here

Xander Abrams, Ph.D. has been in private practice since 1975 and is a California licensed marriage and family psychotherapist. (MB23804)



# The Mind-Body Approach to Health

## Stress Busters Tools to Manage Your Stress

- Diet
- Imagery
- Mindfulness / Hypnosis
- Stress Reduction
- Pain Management
- Anger Management
- Exercise
- Biofeedback
- Quality of Life
- Support
- Spirit
- Giving
- Relationship
- Attitude

### The Stress Response

Upon perceiving a threat, complex physiological responses release a barrage of hormones to facilitate the actions you will take to ensure your safety. These stress hormones are extremely helpful in the face of real physical danger, but take a toll on your body when repeatedly released, which can happen frequently in our modern world. The resolution of the emotional factors that contribute to stress, such as fear, anger, or depression is the focus of mind-body healing and is within the power of each person. You can learn to manage your stress response while expanding your reaction options by focusing your attention on things that you can influence...your own attitude. For most of us it is not the stressor, but how we react to it, that determines the outcome.

### Your Resilient Personality

As a resilient personality ... you can focus your energy positively rather than negatively which will greatly reduce your stress. People who control their stress relax for 20 minutes a day, exercise on a regular basis, and keep their diet healthy. You can practice disease-resistant behavior by focusing your energy on your positive experiences rather than the negative situations in your life.

Research suggests that certain behaviors support wellness: Commitment, Control, and Challenge. Commitment means taking an active and curious attitude about yourself and your environment. Control means to hold the belief that you can influence the effects of an event. Challenge means seeing change as a creative opportunity for expression and growth.

### In This Issue

Tools to Manage Your Stress . . . . . 1

How Your Attitude Effects Stress . . . . . 2

Defining Mind-Body Health . . . . . 3

# How Your Attitude Effects Stress

### Attitude is Everything...

Self-Attitude is what we think, feel and say about ourselves. Positive self-attitude is a fundamental characteristic of mentally healthy individuals; it can be learned & developed.

Certainly there are people in which a positive attitude seems natural and maybe there is a genetic predisposition for positive attitude.

Excellent medical treatment and an outstanding attitude give a person the best chance of both preventing disease and a successful recovery when disease strikes.

A person with a positive attitude is more likely to comply with medical instructions, such as taking medication, attending appointments, following diets, changing exercise regiments and making appropriate life style changes to enhance healing.

### Positive Attitude:

A sense of being important... feeling you have value and contribute to society, feeling supported, loved, and are generally optimistic.

### Attitudes About Ourselves:

We nurture a positive attitude by enhancing and expanding our positive self-talk. We challenge with compassion our negative and critical self-talk.

We participate in activities that promote our own self-positive attitudes, i.e. regular exercise, healthy foods, spiritual growth, and connection to community.

WellSpring helps you develop your positive attitude.

**Attitude \at"ti\*tude\, n.**  
A manner of acting. A relatively stable and enduring predisposition to behave or react in a characteristic way.

# Defining Mind-Body Health

### What the Mind-Body Approach to Health is:

- Mind-body healing is the study and utilization of the complex interaction between your mind and body.
- The placebo effect is clinical proof that what we think and feel influences our body. In the same way, mind-body techniques enhance the power of medical treatment.
- Mind-body techniques (visualization) can improve the effectiveness of medications. It helps patients be aware of and be in charge of their own body.
- Mind-body techniques are effective tools in treating: pain, reducing stress, managing anger, and influencing such stress related diseases as adult onset diabetes and heart problems.
- Mind-body research shows that these techniques work best when used as a part of the overall treatment program and supported by all members of the healing team.

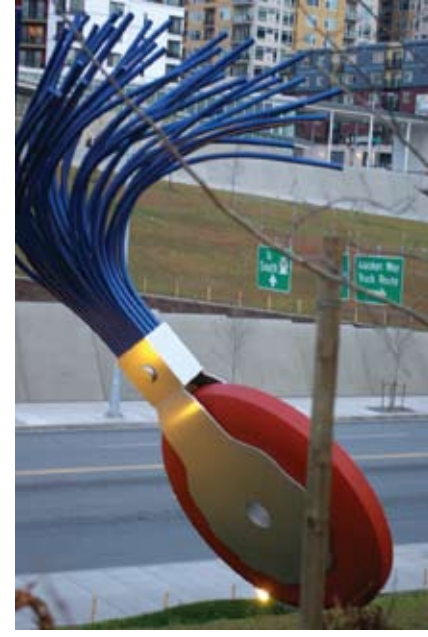
### What the Mind-Body Approach to Health is not:

- Mind-body is not a cure or substitute for modern medical treatment.
- Mind-body is not an alternative to medical treatment; it compliments and enhances healing.
- The mind does not make the body sick. "It is bad enough to have cancer without being led into thinking by some perversion of psycho-immunology [that it's] your fault you have it and that it is within your power to cure it." Robert Sapolsky, Stanford University Medical Center

Herbert Benson, M.D. the pioneering researcher in the area of Mind-body stress has studied the physiological changes of the "relaxation response." Benson found that when his subjects were in a relaxed position in a quiet place, closed their eyes, and concentrated on repeating positive thoughts or images they significantly lowered their oxygen intake, heart rate, blood pressure and respiratory rate. The Wellness book: The Comprehensive Guide to Maintaining Health and treating Stress-Related Illness. Simon and Schuster. New York. 1992 by Herbert Benson and Eileen Stuart

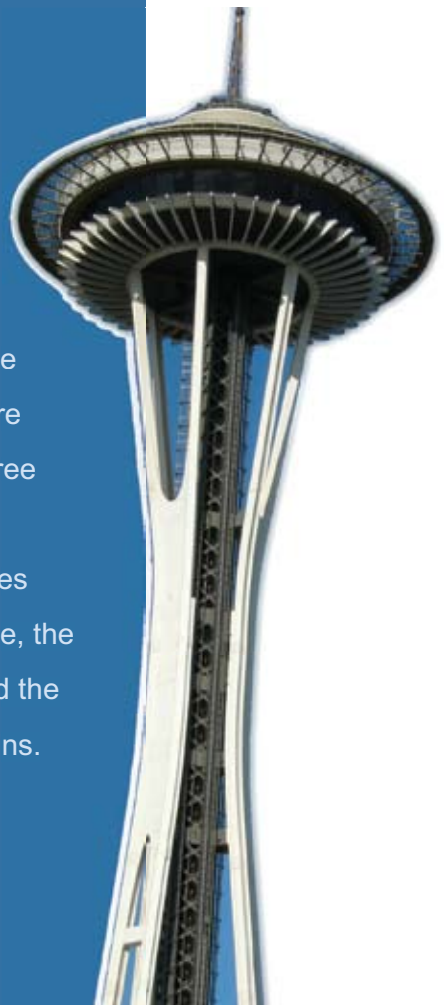


# sculptures



# view

The view from the Olympic Sculpture Park contains three of Seattle's most prominent features: the Space Needle, the Puget Sound and the Olympic Mountains.



## SURVEYOR Software Eliminates Energy Waste in PC Networks

- Network-level control over PC power settings
- Accurate measurement and verification of energy savings
- Easy to install and support with rapid payback
- Saves \$15 to \$40 per PC annually
- Reduces CO<sub>2</sub> emissions by eliminating PC energy waste

### California Contract Vehicle for SURVEYOR

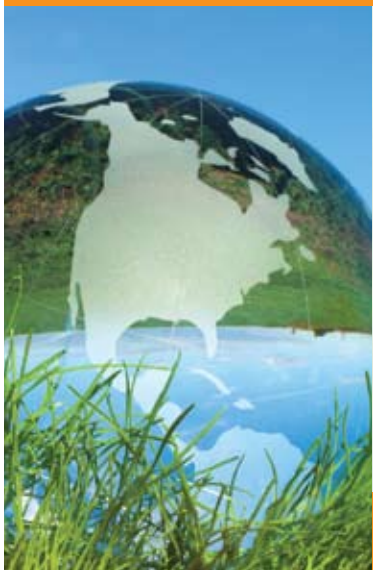
- Software Licensing Program is available to all state agencies/departments and public organizations in California
- Available from Western Blue, CA Small Biz Source and OmniPro, ensuring small business compliance goals
- Surveyor software can be ordered and loaded on to PC's purchased through the CSSI contract

### Also...

Rebates for SURVEYOR are available through many California utilities



FIRST 50 booth visitors with this ad get Andrew Winston's book Green to Gold FREE!



**SURVEYOR™** delivers cost savings by eliminating energy waste on PC networks

- ▶ Network-level control over PC power settings
- ▶ Save \$15 to \$40 per PC annually
- ▶ Minimal installation and support with rapid payback
- ▶ Accurate measurement and verification of energy savings
- ▶ Increase PC accessibility, ensuring more successful desktop maintenance
- ▶ Reduce your organization's carbon footprint

Visit us at booth **232**  
and online at [www.verdiem.com](http://www.verdiem.com)

### Interested in reselling SURVEYOR?

We are actively seeking technology partners. For more info visit us at our booth or email [partners@verdiem.com](mailto:partners@verdiem.com)



Left & Above: Trade Show Ads

Bottom: Slides from Flash Ad

Above: Slides from Online Ad  
Right: Sample Newsletter

# Company's Green Initiatives

Volume 1.1 December 6, 2007

What we are doing to save energy... some text about what the companies green initiatives.

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### Typical PC Energy Waste

- ▶ The typical PC/monitor combination sends 1000 pounds of CO<sub>2</sub> into the atmosphere every year
- ▶ 15 PCs left on generate as much carbon emissions as a mid-size car each year
- ▶ 60% of enterprise PCs are left running after hours
- ▶ More than 80% of PC users disable their power settings within 90 days

sagittis aliquet, sapien turpis tincidunt sem, sit amet tempus ligula eros quis nulla. Morbi vestibulum. Cras mauris lectus, tristique vitae, tempor a, lacinia eget, lacus. Mauris accumsan tempor orci. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos hymenaeos. Curabitur imperdiet ullamcorper eros. Sed eu dui. Curabitur pharetra.

### SURVEYOR Savings Figures:

Company X has begun using Verdiem's SURVEYOR software to manage, measure and reduce energy consumption on our PC network. The average PC wastes 2/3 of its energy by running at full power when no user is present! SURVEYOR works to ensure our PCs are in the appropriate power states at the appropriate times, without interfering with your work. By implementing SURVEYOR, we are doing our part for the environment by achieving the following savings:

- ▶ Total Savings: \$1.5 Million
- ▶ Savings Per Computer: \$45 per year
- ▶ 1 Million lbs of CO<sub>2</sub> not used
- ▶ The equivalent of 200 taken off the road
- ▶ The equivalent of 500 trees saved

### Have questions or suggestions?

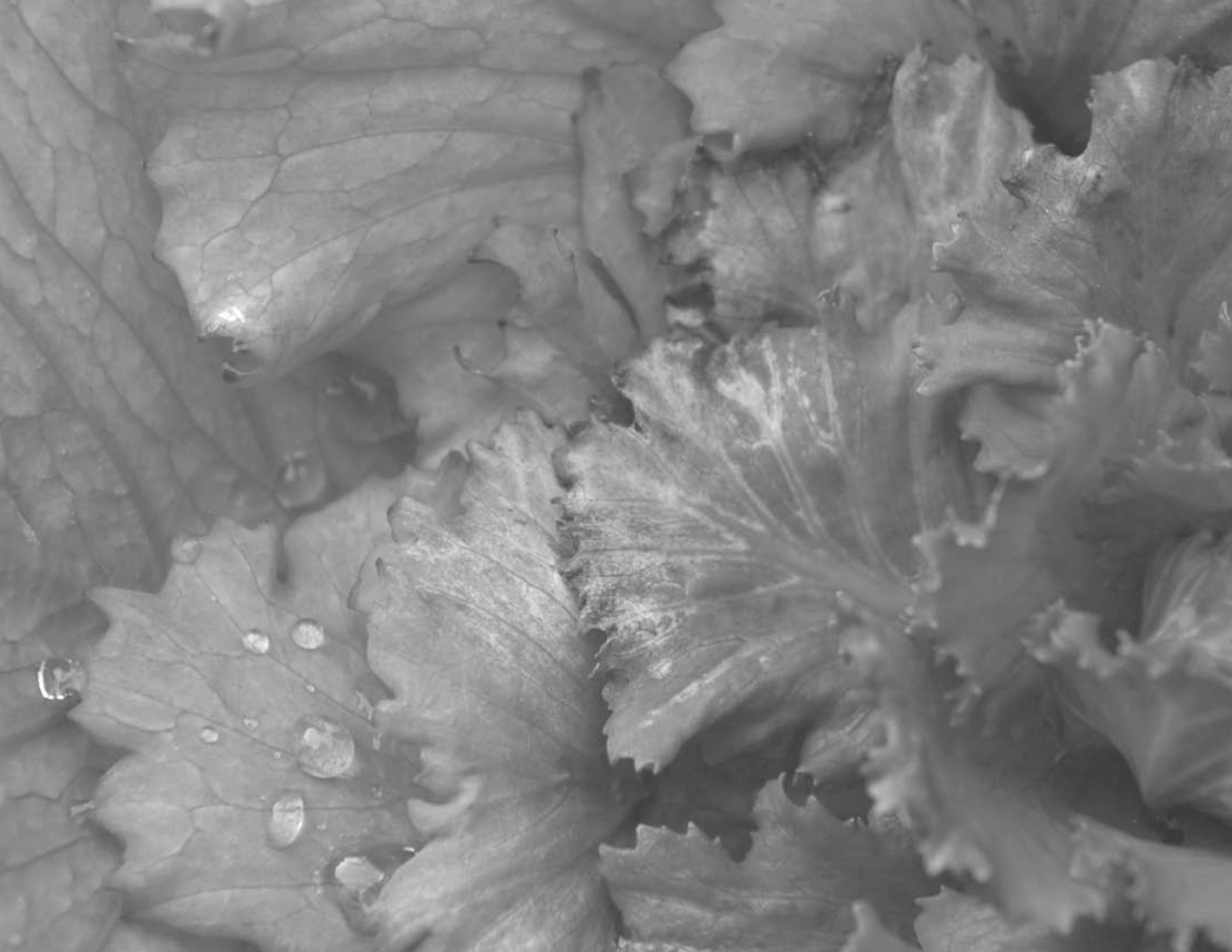
Please Contact: [greenourcompany@company.com](mailto:greenourcompany@company.com)

## 10 Things You Can Do To Help Our Company Be Green

- 1 Reduce the number of miles you drive by walking, biking, carpooling or taking mass transit
- 2 Recycle paper, cardboard & newspapers
- 3 Replace a regular incandescent light bulb with a compact fluorescent light bulb
- 4 Use ceramic mugs instead of paper or plastic cups
- 5 Print on both sides of your paper
- 6 Donate used computer equipment
- 7 Place plants around the office
- 8 Use the "Off" Switch
- 9 Use paper clips or a staple-less stapler

## 10 Get Involved





# *Photo Editing Examples*

Photoshop 1 Project, 9 Pictures turned into 1

Photoshop 1 Project, Replicate an advertisement

Photoshop 2 Project, Displacement Map





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Ariat





# *Photography Examples*

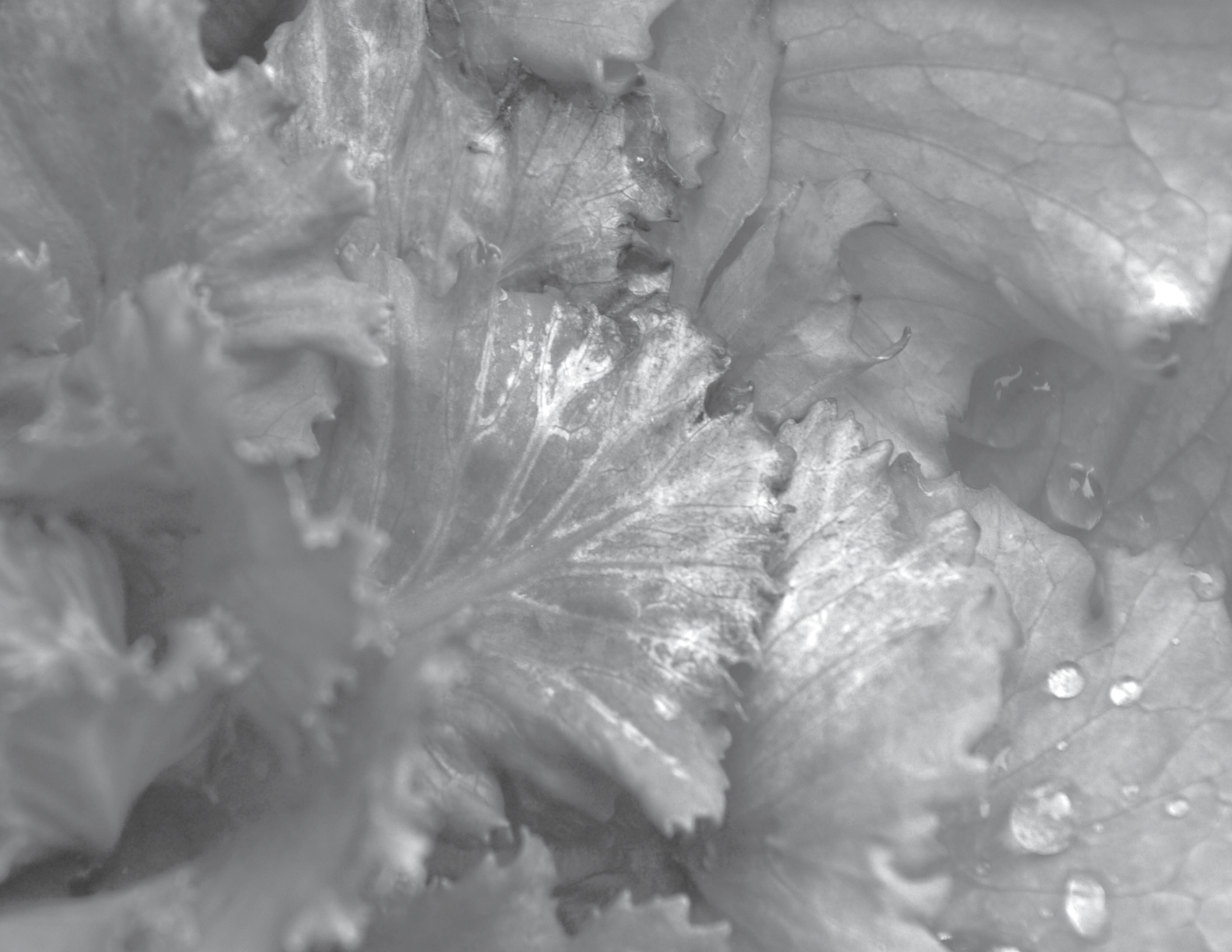
Selected Photographs

Pictures were taken with a Nikon 7900,  
Pentax K-1000 or Pentax\*IST D









# *Web Examples*

[Flash 2 Final Project](#)

[Dreamweaver Final Project](#)

[Corporate Webpage Example](#)

[North Seattle Lacross Website](#)



**Home** **Why** **Programs** **About Us** **Resources** **Contact Us**

WellSail takes coaching one step further by adding a live teambuilding simulation experience that provides a real-time opportunity to implement and tune your team's performance. Our Coaching leverages over 70 years Experience with demonstrated Ability and proven Performance (EAP). Contact us by email at [info@wellsail.com](mailto:info@wellsail.com) or at the phone number below.

WellSail was created from the wealth of experiences gleamed from doing crisis intervention, stress reduction, anger management and conflict resolution with individuals and groups of Silicon Valley. Captain Xander Abrams, Ph.D. has a 90% customer satisfaction rating of 'Very Good' or 'Excellent' in his annual surveys. WellSail was developed out of frustration of only being able to affect one member of a team at a time. Knowing the value of communities upon individuals, WellSail was created to positively affect these working communities, teams.

Learn more about WellSail by using the navigation above to see our other pages and please call or email us for registration today.




**Home** **Portfolio** **Links** **Contact**



### Welcome to Breezinalong.com!

My name is Bree and this site was created for my Dreamweaver class. I am currently a student at Lake Washington Technical College expanding my education with a certificate in Computer Graphics. I also have a Bachelors in Communications with a Minor in Art History from the University of Washington. My job situation has just changed, I am going to start working full time at Verdiem Corporation as of July 5th.


Please have a look around.




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

### Ready to give your PCs the power to Conserve?



**YOU'RE JUST ONE STEP AWAY FROM ELIMINATING** PC energy waste and saving money for your organization.

**TO ACTIVATE YOUR SURVEYOR SOFTWARE** evaluation, simply fill out the following registration form and a Verdiem representative will promptly follow-up with your license key. Or if you prefer, call toll free 866-VERDIEM (827-3436) and we'll help you get set up.

\* First Name:

\* Last Name:

\* Title:

\* Organization:

\* Email address:

\* Phone number:

Comments:



\* required items

**After installing SURVEYOR**, you'll be able to remotely control PC power settings on your network, receive comprehensive reports on energy usage/cost reductions and maximize energy savings with no impacts to end-users or to your desktop management activities.

[back to top](#)

To learn more about us please visit our [Website](#)

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**Home** **Schedule** **Forms** **Pictures** **Links** **Contact Us**

**LACROSSE GEAR AT**

### Welcome to the official web site of North Seattle Lacrosse.

Currently, we offer two team levels for boys youth lacrosse: 5th/6th grade and 7th/8th grade.

Our mission is to inspire youth, regardless of race, color, or creed to participate in a vigorous and entertaining sport; to teach the fundamentals of the game while employing the element of safety and intelligent supervision; to instill the concept of teamwork, fair play and fellowship, as well as sportsmanship, in defeat as well as victory.

#### Announcements

- North Seattle Lacrosse will be holding our "get-to-know-you" meeting on February 9th, at Magnuson Playing Fields, from 10 am to 11:30 am. You will get to meet your coaches and teammates, be able to pick up loaner equipment, etc. Coaches will explain what equipment is necessary, review the Code of Conduct, practice schedules, and explain what they are looking for in their players (i.e. team players, good sportsmanship, etc.). Please bring whatever gear you have, just in case there is a little time to throw the ball around or so coaches can show you some basic moves.
- Practices will be as follows:  
**7/8 Team** - Mondays, Tuesdays, and Thursdays 3:30 - 5 pm (or 5:30 pm - depending on weather or if anyone is scheduled to use the field after us).  
**5/6 Team** - Wednesdays and Fridays - Same Times as above.  
 Practices will begin the week of February 11th, although coaches have a few conflicts that week - so it may not be a full week for both teams. You will be advised of the schedule at the 2/9 meeting. Sorry for the short notice!

**NEW!! North Seattle Lacrosse Fundraiser** - If you need lacrosse gear for the upcoming season, click on the link at the left for Great Atlantic Lacrosse Company and order your gear through this online site. *For every dollar you spend, our club will earn 7.5%.* However, you must enter their online site from the link on our website in order for our club to get the credit. And just in time for the holidays!! Thanks for your support of North Seattle Lacrosse. Happy Holidays!



# *Illustration Examples*

Logos: WellSpring and Techno Coach

Illustrator 1 Project, Pen Tool Practice

Illustrator II Replicate a Photograph

Illustrator II Project - Parts of the Horse

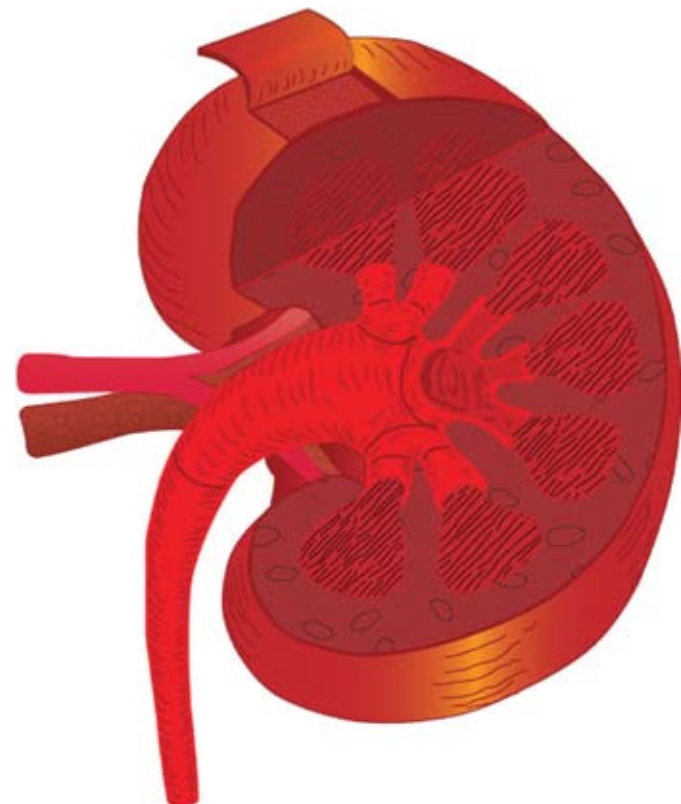
Illustrator II Map Project





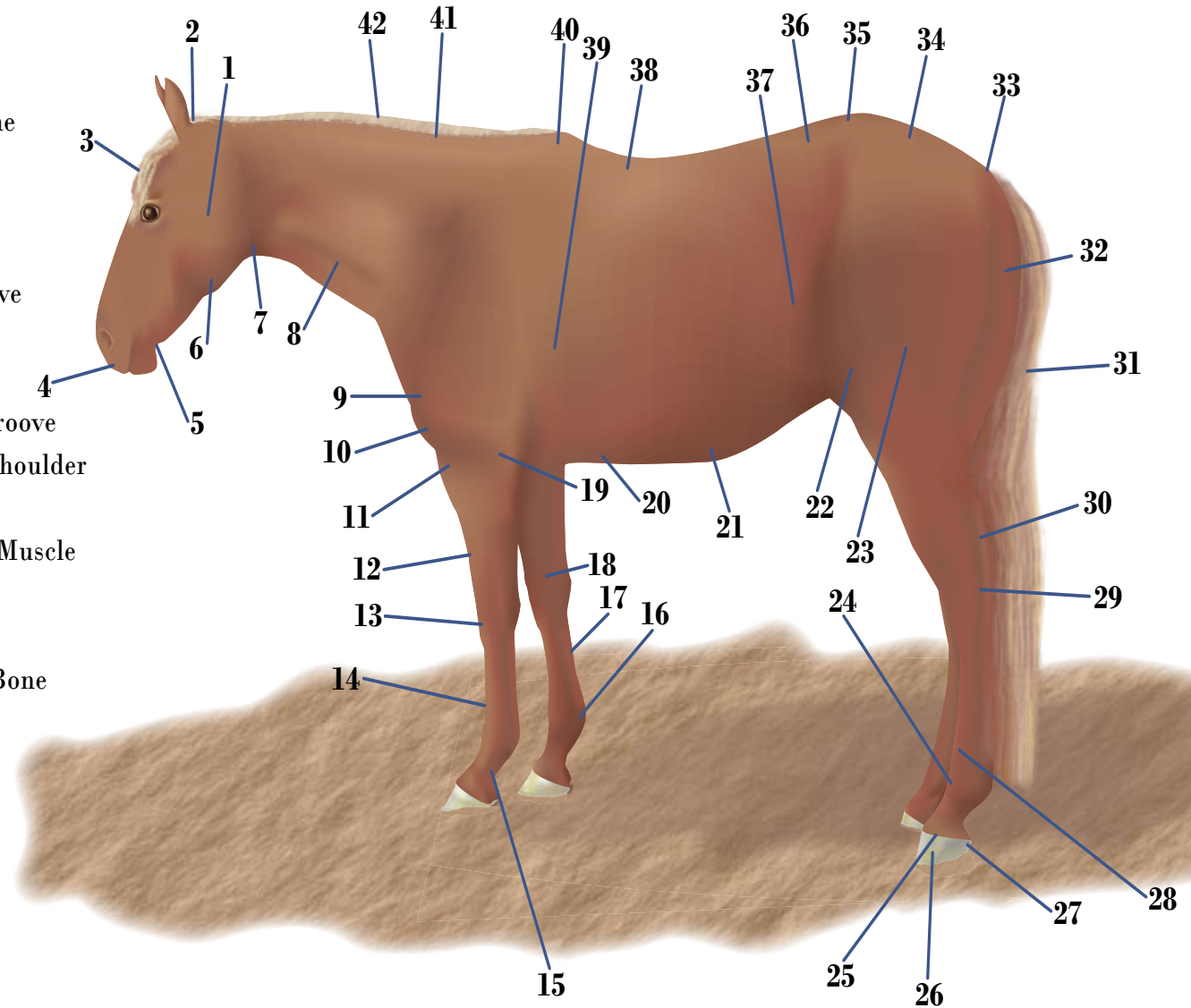
**Techno Coach**

**WELLSPRING**  
*Shrinking limitations and expanding choices.*

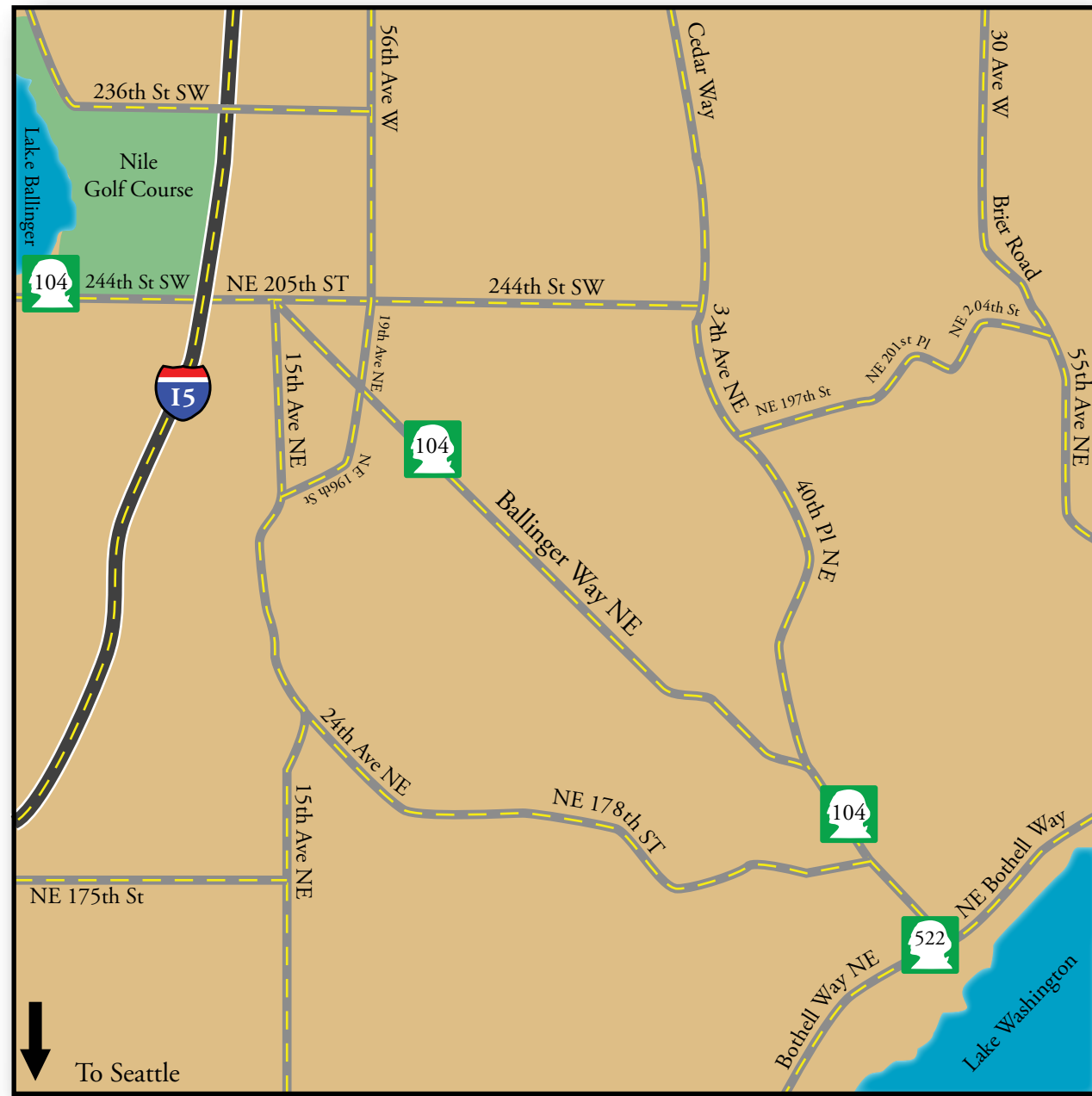


# Parts of the Horse

1. Cheek Bone
2. Poll
3. Forelock
4. Muzzle
5. Chin Groove
6. Jowls
7. Throat
8. Jugular Groove
9. Point of Shoulder
10. Breast
11. Pectoral Muscle
12. Forearm
13. Knee
14. Cannon Bone
15. Pastern
16. Ergot
17. Tendon
18. Chestnut
19. Elbow
20. Brisket
21. Belly



22. Stifle
23. Quarters
24. Fetlock Joint
25. Coronet
26. Hoof
27. Heel
28. Shank
29. Seat of Curb
30. Hock
31. Tail
32. Point of Buttocks
33. Root of Tail
34. Croup
35. Point of Croup
36. Loins
37. Flank
38. Back
39. Girth
40. Withers
41. Crest
42. Mane



0.5 miles



40 miles



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Bree Abrams  
<http://www.breezinalong.com>  
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