

Body of Knowledge

Karen Kirsch MA CMA RSMT 360 705-1216

Special offer for _____ 6 sessions, \$240.

Referred by _____ date _____

Provider email _____

A somatic approach to healing and learning fulfills a unique role in problem solving, understanding and transforming human behavior. People come to me because they feel disconnected from their bodies or limited by talk therapy or aware of the after effects of trauma in their bodies, or they want to improve muscular function, strength or alignment. Becoming more body aware promotes the processing of physiologic and emotional information through a neurologically integrative route and compliments other therapies.

These sessions may focus on developing an ability to:

- listen to and describe sensation
- access body based self-regulation
- use focused breath or imagery
- identify sensory processing difficulties
- learn interventions to focus attention, self-correct alignment, experience relaxation and imagery for pain relief and neuromuscular re-patterning.

With this referral your client may receive a six session series for \$240. I ask that at the end of our work together your client lets you know how it went and what they gained from the sessions.

I have a Masters in Somatic Psychology from the Santa Barbara Graduate Institute, a certification in Laban Movement Analysis and training in Dance Movement Therapy, Authentic Movement, Sensory Integration, Grief work, Cancer journey support, Psychodrama, Developmental Movement, and Certificates in Interpersonal Neurobiology, Sensorimotor Psychotherapy, and Bodydynamics. I have strong training in Modern Dance Technique, Contact Improvisation and other mind body disciplines. My passion is to help others reclaim their body intelligence by encouraging gentle exploration grounded in sound anatomical and neurological principles.

Thanking you in advance for this referral,



Karen Kirsch

You may visit my website www.karenbodyofknowledge.com or call 360-705-1216 or email karenbodyofknowledge@gmail.com for more information.