

Mindful Movement for Therapists



art by Julia Handschuh

A therapeutic group for therapists struggling with burnout and compassion fatigue

April 20 - June 8 (8 weeks)

Wednesdays 6-8:30pm

Brick House upstairs studio in Turners Falls

\$400 (\$50 per session)

This experiential group will focus on returning to embodied wholeness, accessing emotional authenticity, working with creative impulses, and finding clarity on inner commitments.

The spirit of this offering is to courageously acknowledge the profoundly challenging experience of being a therapist in a time of overwhelming levels of acuity and trauma. Using contemplative movement and expressive arts we will practice with what is honest and real so that we can move towards a more resourced and resilient orientation with our work.

Please be in touch via email to express interest and to schedule a brief call. Limited to 7 participants*

Heather Kuhn, LMHC, RSMT

I am a somatic movement therapist with a MA in Somatic Counseling Psychology from Naropa University. In private practice, I specialize in working with adults who experienced abuse and neglect in childhood. Beyond my therapy work, I make performance art, practice Authentic Movement and teach Shintaido.



*Although there is no requirement for previous meditation or movement experience to participate, this group is not likely the best choice for people with no experience or comfort level in these practices.