

Naturopathic Therapies for Trauma/PTSD/Stress/Chronic Pain

Neurofeedback (NF)

Mindfulness (MBSR)

Internal Family Systems (IFS)

Eye Movement Desensitization Tx (EMDR)

Brain Spots (EMDR & Mindfulness)

Dialectical Behavioral Therapy- DBT

Alpha Theta Therapy

Animal therapy

Theater (Shakespeare in Courts)(Trauma Drama)

Rhythmic therapy

Sensory Motor Therapy

Sensory Integration (SEIT)

Sensory Motor Processing

Feldenkrais, Yoga, Pilates

Hypnosis

Virtual Reality therapy

Desensitization

Internal Family Systems (IFS)

Therapeutic Massage

Emotional Freedom Therapy

Writing therapy/Journaling

Sensory motor arousal Integration Tx- SMART

Parent child Interaction Therapy- PCIT

Psychomotor therapy- PMT

Life/Health Coaching

