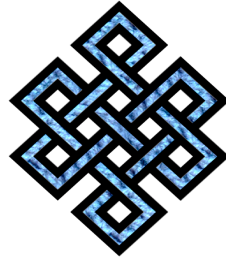


# Experience Gentle Healing & Powerful Tools for Positive Change



- **Wholistic Approach** ~ Include and integrate all parts of you
- **Dreamwork** ~ Explore your inner world of symbol, meaning & wisdom
- **Conscious Relationships** ~ Learn to communicate & enjoy relating
- **Hakomi** ~ Mindful Presence heals in a Present time focus of Love and Awareness
- **NLP** (NeuroLinguistic Programming) ~ Resolve inner conflict & re-pattern your brain
- **EMDR** (Eye Movement Desensitization & Reprocessing) ~ Heal old traumas
- **Enneagram Personality Styles** ~ Better understand yourself & others
- **Sand Tray, Creativity & Play** ~ Express your uniqueness to discover the new
- **Spiritual View** ~ Embrace your Soul journey within the expanse of True Nature



## INDIVIDUALS • CHILDREN/FAMILIES

Kristen specializes in personal and spiritual growth through a soul-oriented, body-centered approach to psychotherapy. The process tends to mental and emotional health and wellbeing, and includes trauma work, play therapy, creativity, intuition, mindfulness and meditation practices. Kristen's focus centers in present-time, loving awareness and serves those interested in the inner work of embodied spirituality.

**Kristen Grace Tussey, MA, LPC**

Jungian Psychotherapist  
Licensed Professional Counselor

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