

SOMATIC THERAPEUTIC COACHING 1:1 TRAUMA & POLYVAGAL INFORMED

HEAL TRAUMA (AKA STRESS) THROUGH NERVOUS SYSTEM HEALTH



Conscious Healing Roadmap

Modules

- ✓ The Awakening of Consciousness Understanding You
- ✓ Nervous System Emotional Regulation
- ✓ Coping Skills & Adaptive Behaviors
- ✓ Your Root Cause
- ✓ Your Attachment Style and Interpersonal Relationships
- ✓ Inner Child & Parts Work
- ✓ Embodied Somatic Boundaries
- ✓ Thoughts through Trauma informed lens
- ✓ Trauma Informed Relationships
- ✓ Discover your Life's Purpose
- ✓ Healing Trauma through goal completion
- ✓ Embody & Manifest your Life's Purpose