

**Kathryn MacKenzie** BSc, CTREP, PBP, RYT  
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**OBJECTIVE: TO FACILITATE INDIVIDUALS AND GROUPS IN DEEPENING SELF-AWARENESS THROUGH TOUCH AND MOVEMENT, TO TEACH PRACTICES AND PROVIDE SERVICES TO INDIVIDUALS WITH THE GOAL OF INCREASING WELL-BEING**

QUALIFICATIONS: Highly creative, organized, and productive; self-motivated; empathetic, compassionate, and inspired facilitator; in-depth knowledge of anatomy; 25+ years of personal growth experience and development; entrepreneur; artist

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## PROFESSIONAL EXPERIENCE

### INTEGRATIVE WELL-BEING

#### **BodyMind Wellness Facilitator 1994 – present**

Working with individuals, couples and groups. Facilitating personal growth, building interoception and trauma healing through specialized bodymind focused therapies

#### **Professional Bowenwork® Advanced Practitioner, September 2006 – present**

Specialized soft tissue body work technique addressing acute to chronic issues. Work with individuals privately on health and well-being concerns

#### **TRE® Certified Provider, December 2016 - present**

Series of exercises designed to release deeply held tension and trauma through tremoring (reflexive muscle vibrations). Facilitate individuals, couples and groups in TRE® Tension & Trauma Releasing Exercise

#### **Bioenergetic Exercise/Hatha Yoga Facilitator, September 2009 - present**

Movement designed to release physical, emotional, and mental stress. Founder E-Motion Exercise which combines yoga and bioenergetics (body-based psychotherapy)

#### **KAT'S EYE GLASS & METAL ART, 1987 - 2007**

Full time artist, retail at art fairs and wholesale to galleries. Whimsical glass, metal and stone sculpture for interiors and gardens 1994-2008. Glass and sterling silver jewelry 1987-1996. Original designs

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## EDUCATION

#### **ROCHESTER COLLEGE** Rochester, MI

Bachelor of Science in Counseling Psychology

#### **MICHIGAN SOCIETY FOR BIOENERGETIC ANALYSIS** Rochester, MI

Four-year clinical training program and supervision

#### **TRE® TENSION & TRAUMA RELEASING EXERCISE** Greensboro, NC

Global Provider Certification

#### **BOWENWORK® Cincinnati, OH**

Professional Bowenwork® Advanced Practitioner Certification

Specialized Procedures I & II, Deep Anatomy, Mind-Body and Bowen, Working with Back Pain, Fascia, Lymphatics