

Kathryn MacKenzie BSc, CTREP, PBP, RYT

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OBJECTIVE: TO FACILITATE INDIVIDUALS AND GROUPS IN DEEPENING SELF-AWARENESS THROUGH BREATH 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; excellent oral and written communication; effective business development, management, and marketing skills; adept problem-solver

PROFESSIONAL EXPERIENCE

INTEGRATIVE WELL-BEING

Wellness Facilitator 1994 - present

Working with individuals, couples and groups

Facilitating personal growth, interoception and trauma healing through empowerment/wellness coaching and specialized body-mind focused therapies

Advanced Professional Bowenwork 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

Associate Bowenwork Instructor, 2013 – present

Wellness in Your Hands program; teach procedures to assist in maintaining balance and health

TRE® Certified Provider, December 2016 - present

Series of exercises designed to release deeply held tension and trauma through self-induced tremoring

Facilitate individuals, couples and groups in TRE® Tension, Stress, Trauma Releasing Exercise

Bioenergetic Exercise Facilitator, September 2009 - present

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

Yoga Teacher, September 2009 - present

Teaching Hatha Yoga, breathing, and meditation

Primary focus is working with individuals fifty +

EDUCATION

ROCHESTER COLLEGE Rochester, MI

Bachelor of Science in Counseling Psychology

BIOENERGETIC ANALYSIS Rochester, MI

Four-year clinical training program and continued supervision

TRE® Greensboro, NC

Global Provider Certification

BOWENWORK® Cincinnati, OH

Professional Bowenwork® Practitioner Certification

Advanced Training: Deep Anatomy, Mind-Body and Bowen, Working with Back Pain,

Specialized Procedures I & II

Associate Instructor: Wellness in Your Hands

YOGA TRAINING Auburn Hills, MI

Teacher certification – 200 RYT