



Therapists . Caregivers

- Is your caring heart feeling overwhelmed? TRE® is a valuable self-help tool for individuals in the healing and helping fields. Learn to “shake-off” your daily interactions with clients and patients so you have the energy to care for yourSelf. A few minutes a day/week, or on an as-needed basis, TRE® offers a quick way to reset your bodymind.
- Transference is a natural part of therapeutic work...AND often inspires the therapist to continue to self-reflect. To grow ourselves and to truly be able to offer clients a clear presence, it is important to delve deeper within. Our personal journey is never “done.”
- As Bessel Vander Kolk’s “The Body Keeps the Score” groundbreaking book revealed, integrating somatic work to more effectively treat trauma along with psychotherapy approaches is vitally important. The science caught up to body-based modalities and is validating the efficacy and the acceleration of client progress when these two are combined.
- TRE® benefits clients. It also benefits therapists, personally and professionally.

I facilitate individuals and groups. Refer clients. Establish a collegial group for your clinic or practice.

My background is 25+ years as a client of Bioenergetic Analysis; body-based psychotherapy founded by Alexander Lowen, a student of Reich, a student of Freud. 4+ years of clinical training in Bioenergetic Analysis. Facilitator of a Bioenergetic Analysis exercise group assisting individuals to work with their bodies and emotions.

TRE® Certified for individuals and groups. This training included in person workshop trainings, over 50 personally journaled sessions, peer facilitated sessions, supervision working with individuals and groups by my instructor Donna Phillips and also other TRE® trainers. Continued collegial TRE® group work and regular practice. Certified Provider in 2016, currently facilitating individuals and groups in Rochester Hills and Cedar, MI.

I understand the therapeutic process and am capable of facilitating individuals with varying degrees of stress and trauma. From my personal experience and clinical training, I have gained a capacity to be present, create safety and encourage a deep release of the somatic holding which is an innate part of trauma (and life). Being well-versed in anatomy, Polyvagal Theory and the autonomic nervous system allows me to assist clients in expanding their interoception and uncovering the protective ways their body has worked with them.

I look forward to co-creating the opportunity for TRE® to be of benefit

***Kathryn MacKenzie
248. 420. 4755***