



Lion's Breath Counseling

Experiential Nature-Based Psychotherapy

Do you often remember difficult experiences from the past?

Both **acupuncture and psychotherapy can help** release difficult past experiences. When something difficult or traumatic happens in your life, your mind may continue to hold onto it and replay the memories. You might feel unable to control what is happening in your mind or body when you re-experience the emotions from the past. These memories and symptoms might leave you feeling anxious and afraid or depressed and hopeless. You might even find that you're turning to negative coping strategies that make you feel even worse. Acupuncture and psychotherapy can help.

Do you experience chronic physical or emotional symptoms related to past events?

The use of **acupuncture** for PTSD, trauma and addictions has been proven to reduce anxiety and stress levels, which can help you regain your sense of joy and purpose. Acupuncture consists of gently placing hair-thin sterile needles at specific points throughout the body. During this process, people report tingling, warmth or heaviness but rarely pain. Typically acupuncture for difficult experiences is done on specific points around the ears; which help calm the nervous system and reduce stress levels.

Are you suffering from trauma or addictions?

Experiential nature-based **psychotherapy** helps you access your own direct experience rather than ideas about who you might be. Through the living experience of your five senses and inner landscape of sensation and emotion, you can learn to deeply know and love yourself in any circumstance. Outside or indoors, I can help you find your current situation reflected in the natural world and understand your life as part of the natural cycles of change. No matter what you are going through, something in nature has already experienced it and can offer guidance.

Call today for a free 30 minute consultation and find out how acupuncture and psychotherapy can help you



April Pojman, MA is a graduate of Naropa University's Wilderness Therapy program. She has helped a wide variety of people recover from difficult past experiences including grief and loss, trauma, anxiety, depression and more. April uses methods such as mindfulness, connection with nature, EMDR, and DBT to help people heal and find meaning.

Katie Kelly, L.Ac. earned her Master's degree in Traditional Chinese Medicine from Southwest Acupuncture College in Boulder, CO. She also studied under Professor Dr. Li Guofu at the Beijing Orient Traditional Chinese Medical Center and in Bhutan at the National Institute of Traditional Medicine. Katie specializes in treating PTSD, stress, anxiety, fatigue and more.