

# MODALITIES & DISCIPLINES

*I have extensive training and fluency working with the following modalities for the last decade:*

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## Somatic Therapy

- Integrative Somatic Trauma Therapy
- Nervous System and Subconscious Reprogramming
- Internalized Oppression Transformation
- Internal Family Systems
- Somatic Experiencing Tools
- Menstrual Cycle Awareness and Womb-Centered Living
- Hakomi Method Tools and Principles
- Sensorimotor Psychology Applications
- Somatic Stress Release™
- Sacred Sexuality Practices and Revolutionary Sexual Trauma Healing Tools
- Breathwork
- VITA Method™
- Polyvagal Theory Application
- Holistic Resistance and Self-Sabotage Transformation
- Archetypal Embodiment and Identity Reorientation
- Emotional Intelligence Practices
- Need and Desire Ownership and Fulfillment
- Postpartum and Birth Doula Work
- Disordered Eating and Body Image Dysmorphia Recovery
- Five Element Chinese Medicine

## Relationship Coaching

- Integrative Leadership and Conscious Influence Tools
- Embodied Communication, Listening and Reflecting Skills
- Team Culture Building and Vision Alignment
- Somatic Awareness and Body Language Skills
- Conflict Resolution and Rupture Repair
- Co-Regulation Exercises
- Emotional Maturity Practices
- Applied Attachment Theory, and Attachment Style Transformation
- “Know God in Your Partner” Relationship Transformation
- Masculine-Feminine Energy Dynamics
- Dom/Sub Energy Dynamics
- Conscious Receivership
- Tantric Intimacy and Communication Exercises
- Couple’s and Ethical Non-Monogamy Relationship Therapy
- Non-violent Communication
- Play Therapy
- Partnered Breathwork and Meditation Practices
- Ancestral and Communal Ritual Healing

## Spiritual Mentorship

- Quantum Essence Embodiment Method™
- Somatic Reality Animation
- VITA Method™: Vital and Integrated Tantric Approach
- Ceremonial Retreat and Facilitation
- State Shifting and Manifestation
- Identity-Led Habit Building, Goal Setting and Accountability
- Queer-Informed Artistic Inquiry
- Quantum Physics “Nature of Reality” Knowledge and Application
- Purpose and Wealth Embodiment
- Shamanic Journeywork
- Traditional Tantric Wisdom and Philosophy
- Embodied Visualization
- Energy work
- Perceptual and Archetypal Alchemy
- Desire to Delight Alchemy
- Gene Keys
- The Art of Ritual