

Trainings and Certifications:

- *Relational Attachment Integration (RAI)
- *Interpersonal Neurobiology (IPNB)
- *Dialectical Behavioral Therapy (DBT)
- *Breath Work and Subconscious Reprogramming
- *Mindfulness Based Stress Reduction (MBSR)
- *Healing Family Trauma
- *Integrative Healing Practices
- *Bio-Energetics & Mind - Body Healing
- *The Energy Codes
- *(B.E.S.T.) Bio-Energetic Synchronization Technique
- *Shamanic and Indigenous Healing Techniques

Non-Profits & Current Affiliations:

- *Faculty: Jungian Center
- *Trainer: National Child Traumatic Stress Network (NCTSN)
- *Family facilitator & educator: National Education Alliance (NEA)
- *Child Educator: Austin Child Guidance Center (ACGC)
- *Family Facilitator at NAMI