If you work with...

- trauma or stress
- clients who don’t like to talk in therapy
- too much or too little energy
- clients who feel out of touch with their bodies

...you'll appreciate this toolkit.

Inspired by decades of somatic work with PTSD, sense your self® uses simple sensory tools to up or down regulate the nervous system. Working collaboratively, you can join and guide your client’s experience – one sense at a time.

To purchase and learn more: www.sense-yourself.com