

WHAT is CARE: Stress & Trauma- Informed Massage Therapy for Women Compassion | Awareness | Resilience | Embodiment

A stress and trauma-informed approach to massage therapy means inviting a gentle, patient, and compassionate experience that listens to your body's cues, and builds its capacity to self-regulate, and heal. You are invited to slowly build awareness of what trust feels like in your body, so your body can find cues of safety, begin to settle, heal, and find a sense of ease.

CARE is for Women experiencing, or who have experienced:

- Anxiety and Chronic Stress
- Complex PTSD and Early Developmental Trauma
- Sexual Trauma or Violence

Support For:

- Anxiety
- Chronic pain and muscle tension
- Mental confusion or feeling scattered
- Fatigue and lack of motivation
- Emotions that feel absent, stuck, or overwhelming
- Digestive issues
- Migraines
- Insomnia, disturbed sleep

About Your Massage Therapy Session

- Your session will have you laying on you back
- Your clothing remains on

We will decide together which of the following techniques will best support your session:

- [Craniosacral Therapy](#)
- Lymphatic Drainage
- Acupressure

Supporting Person-Centred Care:

Support you will begin with the two of us looking at the wise cues your body is sharing that lets you know when you've had enough, need a break, or that you are feeling comfortable. We acknowledge your body as intelligent, compassionate communicator to help build a relationship that hears, honours, and supports its needs. Together we will create a session that considers your life experience and what you value in your health and wellbeing.