



Sometimes on our life journey we find that life is not going as planned. It might be that our feelings are overwhelming us, or our past trauma is impacting our day to day life in a way that prevents us from living our best life. We can even feel that we are unable to even imagine what our best life might be, or what might be possible for us.

For pregnant and birthing women, often there is trauma associated with previous births, medical procedures or other experiences that impact on the person they are in the way of feeling the joy that could otherwise be felt, in preparing to meet their new baby.

Catherine is mother of four and has experienced 4 births and in previous times, supported many women as a Doula during their birth experience. Catherine has a thorough understanding of a woman's experience of birthing from a mind, body, heart, soul perspective.

Catherine's approach is supportive, nurturing, non judgemental, and Catherine practices deep respectful empathy. Catherine is passionate about supporting women to feel empowered in birth and life.

Catherine works primarily from strengths perspective which focuses on health and well-being embracing an asset-based approach where the goal is to promote the positive. Catherine's interest is in connecting with mind, heart, body and soul to empower the individual to transform pain to empowered living.

Catherine also practices from The Comprehensive Resource Model (CRM), developed by Lisa Schwarz which is a neurologically based brain model centred around creating neurophysiological safety. It is an affect (feeling state) focused memory consolidation model, targeting mid brain defense responses. To begin to heal the impact of traumatic experience it is important to ensure ample physiological safety for this survival terror, to be remembered, re-remembered, fully felt and reoriented to, so that it can be transformed. Client and therapist work together to modify associated behaviours and cognitions dating from the very first microsecond the trauma and disruption of attachment occurred (Lisa Schwarz and Heather Kennedy).

The Comprehensive Resource Model (CRM) creates a physiological and neurological opportunity for us to completely resolve, emotionally and behaviorally, the personal impact of; individual and generational traumatic events, repetitive relational conflicts, and disruptive life symptoms such as depression, anxiety, and performance challenges (Elisa Elkin Cleary).

For more information go to: <http://www.comprehensiveresourcemodel.com>

Sessions with Catherine are 1.5 hours and the fee is \$150 - payable prior to session via paypal (Medicare Rebate may apply). Sessions can be booked through www.treeoflifeofwoman.com.au