



What Makes Our Approach Unique

At the Sanctuary, healing goes beyond traditional talk therapy. We embrace a holistic framework that considers the whole person—mind, body, and spirit—because true healing happens when all parts of us are in balance.

Our model integrates somatic approaches into client care. We see the body as the container through which we experience life from beginning to end. By incorporating the body into the therapeutic process, we unlock profound pathways to health and wellness. Our guiding sequence is:

Body → Emotion → Meaning.

We lean into curiosity and growth by weaving psychoeducation into our clinical work—because knowledge is power. Clients are supported with insights from:

- Polyvagal Theory (understanding nervous system regulation)
- Neuroplasticity (the brain's ability to rewire and heal)
- Bioenergetic devices that use frequencies to restore balance in the body's energy system.

What We Believe

- Healing is possible when we step out of our heads and return to our bodies.
- Life is messy, and healing is hard—but we are not meant to walk this journey alone. We are wired for connection. Trauma is not only what happens to us, but what happens when we face it in isolation.
- Trauma lives in the nervous system. When the body remains on high alert, it cannot fully heal. This stored energy manifests as dis-ease.
- By listening to the body's natural guidance, we can return to safety and calm—shifting into a parasympathetic state where healing becomes possible.
- Our symptoms are not enemies, but data sources—invitations to deeper self-connection, growth, and meaning.
- With curiosity and compassion, we can learn to move through pain, anxiety, and emotional suffering.
- Empowerment creates lasting change.
- When we heal ourselves, we ripple healing into our families, communities, and the world.