



WOMEN
IN
RECOVERY

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8:30 P.M. ON ZOOM

LEARN • GROW • CONNECT

The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

MAR 24

2021

BODY AWARENESS: PAYING ATTENTION TO BODILY SENSATIONS FOR HEALING AND RESILIENCE

Catherine Mollner

The body is designed to heal itself. During these challenging times fraught with ruptured connections, our body can be a valuable portal to reconnection, aliveness and resilience.

Through experiential practices, we will explore paths to befriend sensations, reconnect with our internal states, and access the organic wisdom of our body. When we genuinely listen to our body in stillness and movement, we can strengthen our sense of self, gain open-hearted awareness and well-being.



CATHERINE MOLLNER is a Licensed Psychologist. She has 28 years of experience working with adolescents, adults and couples.

Her special areas of interest include supporting personal healing from developmental relational trauma. She hopes that by learning to deepen a sense of personal value, building the self-awareness to live in action rather than reaction to others, and acquiring tools for a healthy relationship with self and others, she can help her fellow humans grow in resiliency and achieve greater psychological balance and emotional health. Among many specialty training credentials, Catherine holds a certificate as a Somatic Experiencing Practitioner from the Somatic Experiencing Trauma Institute.



MEETING ID: 935 0755 8272 • PASSWORD: 259602
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