Complementary Therapies

The following are a list of various modalities and therapies that may support your work in this course on healing the mother wound. Different modalities will be appropriate for different people; and some may be more appropriate at one time and not another. If you’d like to explore your options for getting more support as you do this course, I invite you to learn about these modalities and see if they resonate with you.

**Family Constellations Therapy**

- Internal Family Systems
- Authentic Movement
- Cranio-sacral therapy
- Acupuncture
- Mindfulness Mediation
- Women’s Circles
- The Work of Byron Katie
- EMDR
- Sensorimotor therapy
- Shamanic Journeywork
- Soul Retrieval
- Rolfing
- Core Energetics
- Somatic Re-experiencing
Massage

Yoga

Ecstatic Dance

Holotropic Breathwork

Shadow Work

Long-term depth psychotherapy

Maya Abdominal Massage

Life Coaching

Gestalt Therapy