



I'm not a robot

































This video is featured in our award-winning Read our blog post to learn more: Betsy and Jennifer both work in the mental health field. Betsy serves children and families while Jennifer cares for new parents. Listen and learn as Tiffany discusses the importance of bodywork in treating clients who have experienced Trauma Informed Massage Therapy! Stress is the number one reason people seek Gentle, intentional touch helps regulate the nervous system, release stored tension, and create a sense of safety within the body. For over 40 years the Care Through Touch Institute (CTI) has brought healing and human connection to San Francisco's unhoused. In this episode of the Cultured Therapist, Christine Bordelon, a licensed Take yourself through a free self-care class if you're interested in releasing your Source: Summary In this conversation, Megan and Maddy, licensed