

Tracing:

A Somatic Practice for Self-expression and Healing

Tracing is designed for people who have experienced abuse and other traumas and is an opportunity to heal physically, mentally, emotionally and spiritually by tapping into the paths that are traced and retraced over a lifetime. We seek to strengthen and nurture healthy patterns, while altering or abolishing unhealthy ones. Each session has a focusing theme or concept that is tailored to or chosen by the participants. Some examples are flow, trust, balance, anger and grief.

Tracing explores the whole being through breathing, energy work, movement, bodywork and creative expression, offering a safe, gentle path towards integration of soma and psyche, body and mind. All sessions are guided and it is understood that each person has different needs for emotional and physical comfort and growth.

Tracing sessions are designed and facilitated by SafeArt Founding Director Tracy Penfield. She practices by appointment at the Center for Integrative Health in



Hanover, NH and at Altus Healing Arts in Chelsea, VT. Besides working with people with abuse-related issues, Tracy works with people who have cancer or other illnesses, self-harming behavior, people with end of life needs, and anyone

seeking more harmony and integration in their life.
Individual sessions last 90 minutes.
Family/Group sessions last 2 hours.
45-minute Tracing sessions are available for
follow-up or to focus on energy or bodywork.

What They're Saying About Tracing:

"I always appreciate Tracy's honesty and open-mindedness. The fact that I was comfortable and safe allowed me to move through many traumatic memories and continue to grow. She never holds back and I always feel truly safe with her."

MRB

"I have had several sessions with Tracy, and each one has been unique and wonderful. Tracy has a gift with how she is able to masterfully meet you right where you are, and assist you with whatever process is present. I feel completely supported on ALL levels, and honored for who I am. Her work is explorative and exciting as well as fun and freeing. I am greatly appreciative of my sessions with Tracy, and will continue my journey with her gentle guidance and keen intuition assisting me."

Angelique Priscilla, P.T.

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