

## Trauma Informed Licensed Massage Therapist

Stephanie Minnick

Stephanie is a Trauma Informed Licensed Massage Therapist with 20yrs of experience, who's passionate about empowering her clients through wisdom and healthy touch. Her goal is to help people understand the necessity of safe touch for overall well-being, and to be a facilitator of a healthier mind, body, and spirit connection. She believes that bodywork is a crucial tool in recovering from trauma because it allows us to bridge the gap between mind, body, & spirit through nervous system restoration; this increases our self-awareness, and encourages confidence, self-love, and self-advocacy.

Stephanie's focus is on bringing you an exceptional experience of safety and Bliss while you're under her hands. "If you feel as if you're carrying the weight of the world on your shoulders-and developing armor to endure it all, I want my table to be the place everything melts away and you leave feeling restored. Everyone deserves to know safe touch and the miraculous benefits massage can bring to our physical, emotional, and behavioral health."

Stephanie has been fascinated with Mind, Body, & Spirit health throughout her life. She holds a B.S. in Forensic Anthropology, Criminal Justice, and Psychology; as well as continuing education certificates in Mind Body Connection, Psychology of the Body, Massage for PTSD & Anxiety, Calming an Overactive Brain, Somatic Embodiment, Neuroscience of Mind Body Therapy, & Neurobiology of Sexual Assault.

She is an enthusiastic advocate for holistic health because she's seen so much needless distress, perpetuated by our broken systems; she knows firsthand that knowledge, access to alternative therapies, and integration of therapeutic modalities is imperative to alleviating suffering. Because of this stance, Stephanie also provides online coaching support as a Spiritual Embodiment Advocate, supporting women in nourishing their bodies, accepting their fierce feminine energy, and providing clarity on how these practices can lead to greater spiritual fulfillment and alignment.

"I believe a woman's power lies in her voice & the courage to speak up for herself; and to do that, she must feel safe in her body and strong in her values. I help women learn how embodiment practices such as nourishment, movement, bodywork & energy work, herbalism-even astrology and human design, can all enhance their connection to Spirit and their ability to self-advocate."

Stephanie is also a Guardian Ad Litem (child advocate) for Buncombe county, serving as a voice in the courtroom for the rights of children that have been abused/neglected. In her free time she enjoys reading, photographing nature, & walks at Biltmore.

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