

Alternative Therapies For Victims

**Listings for complementary healing providers
throughout Vermont**



**Prepared and distributed by
The U.S. Attorney's Office,
District of Vermont**

Introduction

Trauma is experienced by both the mind and body. Often the effects of traumatic events are stored within the mind and body long after the events have occurred. The good news is that our bodies and minds have the capacity to heal. This brochure describes a variety of therapeutic options that may help you in your journey to recovery. You may decide to use them alongside treatments you receive from your medical practitioners. The resources listed in this brochure are some examples of help that is available. We want to acknowledge that there are many other practitioners who can offer you help as well. Some of these listed providers will work with Medicaid, Medicare, or other insurers; some offer sliding scales or reduced fees. We suggest you discuss your financial situation openly with each provider.

Knowing that there is support available can make a big difference as you work toward healing. We hope that you find the resources in this brochure to be helpful and encouraging in your road to recovery.

What is Alternative Medicine?

The term “Alternative Medicine” means any form of medicine outside the mainstream of Western or conventional medicine. There are over 100 systems of Alternative Medicines practiced all over the world. Within this brochure you will find a few of the more widely used practices. However, there are many more to choose from. If one does not feel right, please know you are always free to make a different choice that suits your needs.

Providers

If you are an alternative healing method practitioner and would like to have your contact information added to this brochure, please contact Aimee B. Stearns – Victim/Witness Coordinator at the U.S. Attorney’s Office at 802-951-6725 or at Aimee.Stearns@usdoj.gov

Inside this brochure –

1. Listings of providers, alphabetized by counties
2. A glossary, with definitions, of the different therapies listed in this brochure

ADDISON COUNTY

CHAKRA

Somawork Wellness Center
Dr. JoAnne Kenyon
50 Court Street
Middlebury, VT 05753
(802) 388-0254
jkenyon@qmavt.net

CHIROPRACTIC

Kelley Chiropractic
Winfield Kelley
54 Maple Street
Bristol, VT 05443
(802) 453-6010
<http://www.kelleychiropracticvt.com/>

EMDR

Sharon Coleman, LICSW, LADC
Vergennes Counseling Center
257 Main Street #1
Vergennes, VT 05491
(802) 877-6222
<http://www.vergennescounseling.com/>

MEDITATION

Laura Mann Center for Integrative Health
Isabeall Logan
7 Seymour Street
Middlebury, VT 05753
(802) 377-2852
<http://lauramanncenter.org/practitioners/view/isabeall-logan>

NATUROPATHIC & ACUPUNCTURE

Salisbury Natural Family Health

Dr. Katina Martin & Dr. Sarah Wylie

8 Shard Villa Road

Salisbury, VT 05769

(802) 352-9078

<http://www.vermontnaturalfamilyhealth.com/>

TAI CHI

Falling Water Tai Chi

Chris Kiely

8A Main Street

Bristol, VT 05443

(802) 349-2725

cloudhandy@yahoo.com

<http://greenmountainchi.com/home.html>

YOGA

Otter Creek Yoga

Joanna Colwell

99 Maple Street

Middlebury, VT 05753

(802) 388-1961

Joanna@ottercreekyoga.com

<http://www.ottercreekyoga.com/>

BENNINGTON COUNTY

ACUPUNCTURE

Manchester Acupuncture & Herbs

Marc Williams

1965 Depot Street

Manchester, VT 05255

(802) 366-1001

<http://www.manchesteracupuncture.com/>

ART THERAPY

Beth Newman

200 Pleasant Street

Bennington, VT 05201

(802) 688-4557

CHIROPRACTIC

Chiropractic Care Center

Roseanne Dennan, Ray Foster

19 Green Mountain Road

Manchester, VT 05255

(802) 362-3040

<http://chiropracticcaremanchester.com/>

EMDR

Lisa J. Carton

149 Imperial Avenue

Bennington, VT 05201

(802) 379-5456

<http://www.lisaicarton.com/>

HOMEOPATHY & NATUROPATHIC

Stram Center for Integrative Medicine

Kirsten Carle, Korey DiRoma

530 Main Street

Bennington, VT 05201

(802) 445-3152

<http://www.stramcenter.com/integrative-medicine/>

HYPNOTHERAPY

Kirke H. McVay

655 Main Street

Bennington, VT 05201

(802) 447-2129

CALEDONIA COUNTY

ACUPUNCTURE

The Acupuncture Works

Amy Wheeler, Barry Fudim

107 Eastern Ave

St. Johnsbury, VT 05819

(802) 748-2020

amywilcoxwheeler@gmail.com

<http://www.theacupunctureworks.com/>

COMPREHENSIVE HEALTH

2225 Portland Road

St. Johnsbury, VT 05819

(802) 748-3181

<http://www.nkhs.org/CRT.html>

DANCE & MOVEMENT

The Open Space
Margaret Pitkin
101 Main Street, 2nd Floor
Hardwick, VT 05843
(802) 673-6815
wildblueyoga@me.com
<http://openspacevt.blogspot.com/>

HOMEOPATHY & SOUND THERAPY

Riverside Wellness
Judy Jarvis
117 Riverside Farm Lane
East Hardwick, VT 05836
(802) 472-6169
jarvisriver@gmail.com

MEDITATION

Shambhala Meditation Center
Karmê Chöling
369 Patneau Lane
Barnet, VT 05821
(802) 633-2384
reception@karmecholing.org

REIKI

Love and Light Reiki
Jennifer Florio
193 Winter Street
St. Johnsbury, VT 05819
(802) 274-3617

REIKI & REFLEXOLOGY

Reiki Retreat

Barbara L. Smith

90 Farm Street

East Ryegate, VT 05042

(802) 757-2809

<http://www.vtreikiretreat.com/>

SOMATIC EXPERIENCE

Wellspring Mental Health & Wellness Center

Maggie McGuire, Sarah Houston

39 Church Street

Hardwick, VT 05843

(802) 472-6694

wellspringvt@gmail.com

<http://www.wellspringvt.org/>

YOGA

Wellspring Mental Health & Wellness Center

Janis Comb

39 Church Street

Hardwick, VT 05843

(802) 472-6694

jdreams@sover.net

<http://www.wellspringvt.org/>

YOGA

St. Johnsbury Center for Well Being

Dean Corcoran

364 Railroad Street

St. Johnsbury, VT 05819

(802) 748-1516

yogidean@gmail.com

<http://www.vermont-counseling-yoga.com/>

CHITTENDEN COUNTY

ACUPUNCTURE

Molly Fleming, Donna Powell
33 Main Street
Burlington, VT 05401
(802) 863-7099
<http://www.mollyfleming.com/>

ACUPUNCTURE

Acupuncture Vermont
39 Timber Lane
South Burlington, VT 05403
(802) 862-8880
<http://acupuncturevermont.com/index.html>

AYURVEDIC MEDICINE

The Ayurvedic Center of Vermont
34 Oak Hill Road
Williston, VT 05495
(802) 872-8898
<http://ayurvedavermont.com/>

CHIROPRACTIC

Green Mountain Chiropractic & Massage
54 West Twin Oaks Terrace, Suite 16
South Burlington, VT 05403
(802) 865-4714
<http://greenmountainchiropractic.com/>

CHIROPRACTIC

Chittenden County Chiropractic

20 Lincoln Street

Essex Junction, VT 05452

(802) 879-3900

<http://chittendenchiro.com/>

EMDR

Stone House Associates

27 Rye Circle

S. Burlington, VT 05403

(802) 654-7607

<http://www.stonehouseassociates.com/services/>

INTEGRATIVE MEDICINE

Mountain View Natural Medicine

Eastern View Medicine

185 Tilley Drive, Suite #51

South Burlington, VT 05403

<http://mountainviewnaturalmedicine.com/>

MASSAGE

Neuromuscular Therapy of Vermont

Chace Mill Building

1 Mill Street - Suite 226

Burlington, VT 05401

(802) 355-6003

<http://www.painreliefvermont.com/>

MASSAGE & BODYWORK

Pathways to Wellbeing
168 Battery Street
Burlington VT, 05401
(802) 862-0836
<http://pathwaystowellbeing.org/>

NATUROPATHIC

Avalon Natural Medicine
299 College Street
Burlington, VT 05401
(802) 578-3449
<http://www.avalonnaturalmedicine.com/>

NATUROPATHIC

Vermont Natural Family Health
13 Kilburn Street
Burlington, VT 05401
(802) 238-8603
<http://www.greendoctorclinic.com/>

PAIN MANAGEMENT

Vermont Pain Management
Evan Musman
One Kennedy Drive
South Burlington, VT 05403
(802) 861-6100
<http://vermontpainmanagement.com/>

PAIN MANAGEMENT

UVM Medical Center Pain Medicine

62 Tilley Drive #201

South Burlington, VT 05403

(802) 847-3737

<https://www.uvmhealth.org/medcenter/Pages/Department-s-and-Programs/Pain-Management.aspx>

REFLEXOLOGY

Vermont Reflexology & Massage

Victoria Irwin

187 St. Paul Street

Burlington, VT 05401

(802) 922-3277

vtreflex@gmail.com

REIKI

Green Mountain Reiki Institute

Sandy Jefferis

33 Blair Park Rd #101

Williston, VT 05495

(802) 343-2634

<http://www.greenmountainreikiinstitute.com/>

SLEEP DISORDERS

Vermont Medical Sleep Disorder

139 Pearl Street

Essex Junction, VT 05452

(802) 878-4445

SOUND THERAPY

Eileen McKusick Sound Therapy
One Main Street, Suite 307
Burlington, VT 05401
(802) 730-4371
<https://eileenmckusick.com/>

VERMONT COUNSELING & TRAUMA SERVICES

600 Blair Park Road, Suite 205
Williston, VT 05495
(802) 878-4991
<http://www.vermontcounselingandwellness.com/>

ESSEX COUNTY

EQUINE THERAPY

Stable Connections
2494 Route 102
Guildhall, VT 05905
(802) 522-3048
info@stableconnections.com
<http://www.stableconnections.com/>

FRANKLIN COUNTY

ACUPUNCTURE

Clear Family Chiropractic and Acupuncture
278 North Main Street
St. Albans, VT 05478
(802) 527-7064
<http://clearfamilychiropractic.com/>

EMDR

Diane B. Xiques
5 Lemnah Drive
St. Albans City, VT 05478
(802) 860-8402
xiggunoble@myfairpoint.net

EMDR

Michelle Pelke
132 North Main Street
St. Albans, VT 05478
(802) 309-2126

HYPNOTHERAPY

Kathryn Pedersen
67 Fairfield Street
St. Albans, VT 05478
(802) 827-0055

MEDITATION

Pamela Easterday
142 North Main Street, 2nd Floor
St. Albans, VT 05478
(802) 309-2175
pam@pamelaeasterday.com
<http://pamelaeasterday.com/>

TAI CHI

The Collins Perley Sports & Fitness Center
890 Fairfax Road
St. Albans, VT 05478
(802) 527-1202
<http://cpsc.fcsuvt.org/>

YOGA

Sun Salutations at R Family Dojo

Jessica Frost

260 North Main Street

Saint Albans, VT 05478

(802) 752-8587

<http://jessicapfrost.com/>

GRAND ISLE COUNTY/NORTH AND SOUTH HERO**EQUINE THERAPY**

Champlain Adaptive Mounted Program

57 East Shore Road

South Hero, VT 05486

(802) 372-4087

<http://www.vtchamp.org/>

YOGA

Moodra Yoga

350 U.S. Route 2

South Hero, VT 05486

(802) 734-8939

hello@moodrayogavt.com

<http://moodrayogavt.com/>

YOGA

Katya's Yoga and Studio

Katya Wilcox

336 East Shore Ridge

North Hero, VT 05474

802-372-5049

dupasquier@aol.com

LAMOILLE COUNTY

ACUPUNCTURE

Four Corners Acupuncture Clinic
632 Morristown Corners Road
Morristown, VT 05655
(802) 585-5510
<http://fourcornersacupuncture.com/>

ACUPUNCTURE

LiMing Tseng
1878 Mountain Road
Stowe, VT 05672
(802) 253-8483

BEHAVIORAL HEALTH & WELLNESS

65 Northgate Ave, Suite 11
Morrisville, VT 05661
(802) 888-8320
<https://chslv.org/our-services/behavioral/>

CHIROPRACTIC & WELLNESS CENTER

Little River Wellness Center
996 South Main Street, #1B
Stowe, VT 05672
(802) 253-7411
www.littleriverwellness.com

HYPNOTHERAPY

The Phoenix Center
Joie A. Marshall
74 Portland Street
Morrisville, VT 05661
(802) 532-4080
Joie.marshall@comcast.net

INTEGRAL WELLNESS

Kary Bennett
56 Old Farm Road
Stowe, VT 05672
(802) 343-4796
kary@integralwellnessvt.com
<http://www.integralwellnessvt.com/>

NATUROPATHIC & ACUPUNCTURE

Stowe Family Wellness
706 Mountain Road
Stowe, VT 05672
(802) 253-2340
info@stowefamilywellness.com
<http://www.stowefamilywellness.com/>

REFLEXOLOGY

Danu Therapeutic Massage and Reflexology
50 Lower Main W.
Johnson, VT 05656
(802) 999-0610
<http://www.danu.abmp.com/>

TAI CHI

Mountain View Martial Arts
66 Morrisville Plaza, #1
Morrisville, VT 05661
(802) 279-0000

YOGA

Blossoming Lotus Yoga Studio
36 School Street
Johnson, VT 05656
(802) 370-8034

YOGA

The Yoga Barn
2850 Mountain Road
Stowe, VT 05672
(508) 560-3523
theyogabarnstowe@gmail.com
<http://theyogabarnstowe.com>

ORANGE COUNTY**ACUPUNCTURE**

Glynn Pellagrino
720 Village Road
East Corinth, VT 05040
(802) 439-6200

ART THERAPY

TherapyWorks
Susan G. Jacobs
25 South Pleasant Street
Randolph, VT 05060
(802) 249-2973

CHAKRA AND SPIRITUAL HEALING

Transformational Healing Center

Suzanne M. Leitschuh

816 Godfrey Road

East Thetford, VT 05043

(802) 785-4894

clearchakras@gmail.com

<http://www.transformationalhealingcenter.com/>

HOMEOPATHY

The Center for Sustainable Medicine

Didi Pershouse

3843 VT Route 113

Thetford Center, VT 05075

(802) 785-2503

<http://www.sustainablemedicine.org/>

HYPNOTHERAPY

Dr. Hilary W. Coons

3458 South Road

Bradford, VT 05033

(603) 643-9717

REIKI

Angelic Touch Reiki

6 Howe Lane

Tunbridge, VT 05077

(781) 771-7590

<http://angelicreiki.vpweb.com/>

YOGA

Rising Spirit Yoga
Old Village School
74 Main Street
Wells River, VT 05081
(800) 381-0972

ORLEANS COUNTY

COMPREHENSIVE HEALTH

Northeast Kingdom Human Services
181 Crawford Road
Derby, VT
(802) 334-6744
<http://www.nkhs.org/>

DANCE AND MOVEMENT

Freedom Physical Therapy
417 VT Route 105
Newport, VT, 05855
(802) 334-2400
freedompt@comcast.net
<http://freedomptvermont.comcastbiz.net>

EMDR

Douglas Flint, Herons Path
494 Highland Avenue, Suite B
Newport, VT 05855
(802) 334-1795

EQUINE THERAPY

Reining Hope, Kristin Mason

574 Sunset Drive

Morgan, VT 05853

(802) 895-9166

kris12mase@yahoo.com

<http://www.reininghopeaeaat.com/>

MASSAGE, YOGA & REIKI

Studio for Life

130 Maple Lane

P.O. Box 205

Barton, VT 05822

(802) 673-4779

rebecca.ryt@gmail.com

<http://www.studioforlife.com/>

YOGA

Inspired Yoga Studios

95 E Main Street

Newport, VT 05855

(802) 323-7911

RUTLAND COUNTY

ACUPUNCTURE

Acupuncture Works VT

Dianne Richoz Barclay

105 Center Street

Rutland, VT 05701

(802) 342-4880

diannerbarclay@me.com

http://www.acupunctureworksvt.com

HOLISTIC HEALTH

Thrive Center of the Green Mountains

68 South Main Street

Wallingford, VT 05773

(802) 446-2499

uthrive@vermontel.net

<http://thriveinvermont.com/>

HYPNOSIS & EMDR

Allen House Coaching Collaborative

Brad Young

50 Kendall Avenue

Rutland, VT 05701

(802) 353 3421

<http://allenhousevermont.com/>

SOMATIC EXPERIENCE

Ann LaRocque

One Nickwackett Street

Rutland, VT 05701

(802) 672-1891

<http://www.woodstockpastoralcounseling.com/>

SVAROOPA YOGA

Mountain Yoga

135 North Main Street, #8

Rutland, VT 05701

(802) 775-1795

margery@mountainyoga.com

<http://mountainyoga.com/>

YOGA & DANCE CLASSES

Pyramid Holistic Wellness Center
120 Merchants Row
Rutland, VT 05701
(802) 775-8080
kelleyw@pyramidvt.com
<http://www.pyramidvt.com/>

WASHINGTON COUNTY

ACUPUNCTURE

Pamela Brady
A Harmonic Approach to Health Care
250 Main Street, Suite 206
Montpelier, VT 05602
(802) 229-1800
soundspirit@tds.net
<http://www.pamelabrady.org/>

ACUPUNCTURE

Three Moons Wellness Center
859 Old County Road
Waitsfield, VT 05673
(802) 496-6600
<http://www.threemoonswellness.com/>

AUTHENTIC MOVEMENT

Jan Sandman
174 Elm Street
Montpelier, VT 05602
(802) 229-4671
JanSandman@comcast.net
www.jansandman.com

COUNSELING & MEDIATION

Donnamarie Carey
250 Main Street, Suite 305
Montpelier, VT 05602
(802) 431-0084
info@careycounseling.com
<http://www.careycounseling.com/>

DANCE AND MOVEMENT

Jazzercise Barre Fitness Center
131 South Main Street
Barre, VT 05641
(802) 249-7021
jazzinforyou@aol.com
<http://jcls.jazzercise.com/facility/jazzercise-barre-fitness-center>

HERBAL MEDICINE

Vermont Center for Integrative Herbalism
252 Main Street
Montpelier, VT 05602
(802) 224-7100
<http://www.vtherbcenter.org/>

MINDFULNESS BASED INTERVENTIONS

Full Circle Health and Wellness
73 Main Street, Suite 19
Montpelier, VT 05602
(802) 505-1748
drwhitefullcircle@yahoo.com
<http://www.fullcirclehealth-wellness.com/>

NATUROPATHIC

Waterbury Integrative Health

46 S. Main Street, Suite 2

Waterbury, VT 05676

(802) 560-5594

<http://www.waterburyintegrativehealth.com/>

PSYCHOANALYTIC PSYCHOTHERAPY

Miriam Voran

79 Main Street

Montpelier, VT 05602

(802) 223-2134

<http://www.miriamvoran.com/>

REIKI

Awaken

3059 Airport Road

Warren, VT 05674

(802) 496-7526

maryellen@awakenvt.com

<http://www.awakenvt.com/>

REIKI

Jennifer (Sierra) McFeeters

Woodbury, VT 05681

(802) 279-0945

ROLFING

Rebecca Riley

Portals Center for Healing

28 School Street, Suite 1

Montpelier, VT 05602

(802) 223-7678

www.portalsvt.com

SOMATIC EXPERIENCE

Pamela Wilson

25 Court Street

Montpelier, VT 05601

(802) 793-4347

pamelawilsoncounseling@gmail.com

<http://www.pamelawilsonpsychotherapy.com/>

SUN DO, HOLISTIC PRACTICE

1 Granite Street, 3rd Floor

Montpelier, VT 05602

(802) 229-4262

bforrest777@gmail.com

<http://www.sundo.org/>

TRADITIONAL TALK & ART THERAPY

Michelle Lesnak,

41 Elm Street, Suite 5

Montpelier, VT 05602

802-477-3016

michelle.lesnak@comcast.net

<http://www.cvmhp.org/lesnakm.html>

YOGA

Regina Trailweaver

Old Mathewson School Building, Second Floor

65 Elm Street

Barre, VT 05641

(802) 371-9648

<http://www.trailweaver.com/>

WINDHAM COUNTY

ACUPUNCTURE

Brattleboro Acupuncture
83 Western Avenue
Brattleboro, VT 05301
(802) 348-1515
acupuncturevt@gmail.com
<http://www.michelleconnair.com/>

HOLISTIC HEALTH CENTER

62 Elliot Street
Brattleboro, VT 05301
(802) 251-0888
info@brattleboroholistichealth.com
<http://brattleboroholistichealth.com/>

EQUINE THERAPY

Southern Vermont Therapeutic Riding Center
336 River Road
Newfane, VT 05345
(802) 221-4409
lyoung@sovtrc.org
<http://www.sovtrc.org/>

HEALING ARTS & YOGA

Mountain Mind & Movement
76 Main Street
Grafton, VT 05146
(802) 779-2289
knightvt@gmail.com
<http://mountainmindmovement.com/>

HOMEOPATHY

Center for Homeopathy of Southern Vermont

220 Western Avenue

Brattleboro, VT 05301

(802) 254-2928

homeopat@sover.net

<http://www.centerforhomeopathy.com/>

INNOVATIVE THERAPY & COACHING

Origins Associates

Eva M. Shelby

15 Strand Avenue

Brattleboro, VT 05301

(802) 251-1057

evashelby@yahoo.com

<http://www.originsassociates.com/>

MASSAGE & BODYWORK

Lauren Bernozzi

54 Harris Place

Brattleboro, VT 05301

(802) 579-2233

<http://laurenbernozzi.massagetherapy.com/>

MEDITATION

Brattleboro Shambhala Meditation Group

28 Williams Street, Studio VI, 3rd Floor

Brattleboro, VT 05301

(802) 257-1984

hammpd@myfairpoint.net

<http://brattleboro.shambhala.org/>

NATUROPATHY

Valley Naturopathic Family

14 Park Place

Brattleboro, VT 05301

(802) 246-4282

<http://www.valleynaturopathicfamilymedicine.com/>

NATUROPATHY & HOMEOPATHY

HeartSong Health in Community

36 Old Town Road

Putney, VT 05346

(802) 387-2345

<http://www.heartsonghealth.org/>

REFLEXOLOGY

Favour Your Feet

Amelia Kinney

P.O. Box 2134

W. Brattleboro, VT 05303

(802) 258-9071

ameliakinney@yahoo.com

<http://www.ameliakinney.massagetherapy.com/>

REIKI & MASSAGE

Reiki Healing Arts Vermont

137 Maple Street

Brattleboro, VT 05301

(802) 275-7434

<http://www.reikihealingartsvt.com/>

SOMATIC EXPERIENCE

Holistic Healing and Trauma Therapy

Lisa J. Newell

167 Main Street, Suite 307

Brattleboro, VT 05301

(802) 380-0546

lisajnewell@gmail.com

<http://www.lisanewell.com/>

SOMATIC PSYCHOTHERAPIES & EMDR

Betsy B. Jacobs

439 West River Road, Route 30

Brattleboro, VT 05301

(802) 258-0288

betsybjacobs@gmail.com

<http://www.betsybjacobs.com/>

SOUND & ART THERAPY

Mahalo Art Center

972 Western Avenue

Brattleboro, VT 05301

(802) 451-9495

Luzelena@Mahaloartcenter.com

<http://www.mahaloartcenter.com/>

YOGA

The Inn at Woodchuck Hill Farm

Sundari Satnam Kundalini Yoga Center

275 Woodchuck Hill Road

Grafton, VT 05146

(802) 843-2398

info@sundarisatnam.com

<http://woodchuckhill.com/>

YOGA

Bhava Yoga Center
21 Elliot Street, 2nd Floor
Brattleboro, VT 05301
(802) 348-7370
bhavayogabrattleboro@gmail.com
<http://www.bhavayoga.com/>

YOGA

Hits the Spot Yoga
Scott Willis
229 Western Avenue
Brattleboro, VT 05301
(802) 257-1926
scott-willis@comcast.net
<http://hitsthespotyoga.com/>

YOGA & DANCE THERAPY

Moving Towards Wholeness
Claire LeMessurier
63 Main Street
Putney, VT 05346
(802) 387-4064
<http://www.movingtowardswholeness.org/>

WINDSOR COUNTY

ACUPUNCTURE

Upper Valley Wellness
160 Palmer Court. Ste. 4-E
White River Junction, VT 05001
(802) 649-1700
info@uvwvt.com
<http://uvwvt.com/>

ACUPUNCTURE

Acupuncture Center-Woodstock

442 Woodstock Road

Woodstock, VT 05091

(802) 457-2855

jennie@whisperhill.com

<http://acupuncturewoodstockvt.com/index.html>

ART THERAPY

Karen L. Butler

205 Billings Farm Road, Suite 2E

White River Junction, VT 05001

(802) 698-0509

EMDR

Caleb Shepherd

32 Pleasant Street

Woodstock, VT 05091

(802) 778-0941

EQUINE THERAPY

High Horses Therapeutic Riding Program

2727 Christian Street

White River Junction, VT 05001

(802) 356-3386

Nicole@highhorses.org

<http://highhorses.org/>

HOMEOPATHY

Balance for Health

263 Cascadnac Avenue

White River Junction, VT 05001

(802) 280-1914

<http://balanceforhealthvt.com/>

HYPNOTHERAPY

Hastings Hypnotherapy

P.O. Box 808

Norwich, VT 05055

(802) 683-8834

<http://hastingshypnotherapy.com/>

MEDITATION

Shambhala Meditation Center

158 South Main Street

White River Junction, VT 05001

(802) 296-6225

<http://whiteriver.shambhala.org/>

NATUROPATHIC

Susan Kowlasky

16 Beaver Meadow Road

Norwich, VT 05055

(802) 649-1064

REFLEXOLOGY

Body and Soles

85 North Main Street

White River Junction, VT 05001

(802) 299-5907

bodyandsoles@aol.com

<http://www.bodyandsoleshealing.com/>

REIKI

Healing Energy Reiki

Lauren Potter

59 Main Street

Springfield, VT 05156

(802) 591-0507

laurenpottervt@gmail.com

<http://laurenpotterreikihealing.massageplanet.com/>

SOMATIC EXPERIENCE

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DEFINITIONS

Acupuncture

Acupuncture is a Chinese medicinal technique to stimulate specific points on the body. This is most often performed by inserting thin needles through the skin or by the application of heat, laser light or acute pressure. As a form of short-term treatment, a number of studies have found acupuncture to alleviate pain.

Ayurvedic Medicine

Practiced in India for more than 5000 years. Ayurvedic medical tradition holds that an illness is a state of imbalance among the body's systems that can be detected by observing your tongue or reading the pulse. Nutrition counseling, massage, natural medications, meditation and other modalities are used to address a broad spectrum of issues.

Bodywork

Bodywork is a form of therapeutic treatment which involves physical manipulation of the body or the energy fields believe to be associated with the body to improve a person's well-being or health.

Chakra

Chakra is a form of yoga indigenous to Hindu and Buddhist philosophy. It is similar to Reiki healing in that it is based on the belief that there are areas of the body that are endowed with the ability to spiritually heal through receiving energy. The name refers to the chakras in the body, which are the energy portals through which they procedure functions. Although there are literally hundreds of thousands of

chakras in the body (over 800,000), 7 major chakras are said to exist.

Chiropractic

Chiropractic care is form of alternative medicine focused on the treatment of musculoskeletal and nervous system disorders. The most common procedure performed by chiropractic doctors is spinal manipulation. Spinal manipulations aim to rejuvenate joints due to tissue damage. Manipulation increases mobility which reduces pain and muscle tightness in order for tissues to heal properly. Chiropractors use their hands to apply a direct force to the joint while the body is positioned in a particular state.

Dance and Movement Therapies

Dance and/or Movement therapy uses expressive movement as a therapeutic tool for both personal expression and psychological and emotional healing. Practitioners work with a wide range of individuals, spanning from those with physical disabilities to addiction issues, sexual abuse histories, and eating disorders to name a few.

EMDR

EMDR or “Eye Movement Desensitization and Reprocessing” is a psychotherapy treatment aimed to reduce the distress associated with traumatic events and memories. Using EMDR, it can have a direct effect on the way your brain processes information.

Equine Therapy

Equine Therapy uses horses as part of a treatment for a wide range of physical and psychological problems. By establishing and nurturing a relationship with a horse.

Homeopathy

Homeopathy is a holistic approach which draws upon the natural world by using tiny amounts of natural substances, called remedies, to stimulate a person's immune system. A remedy is chosen for a person based on its capacity to cause, if given an overdose, physical and psychological symptoms similar to those the person is experiencing.

Hypnotherapy

A means of bypassing the conscious mind and accessing the unconscious mind, where memories may be repressed and forgotten events may be stored. Hypnosis may facilitate memory, behavioral, emotional or attitudinal change, and can be used to treat phobias and stress.

Meditation

Meditation is a practice where an individual trains the mind or induces a mode of consciousness. The term mediation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy and develop compassion, generosity, and forgiveness.

Naturopathic Medicine

Naturopathic physicians work to restore and support the body's own healing abilities using a variety of treatments, including nutrition, herbal medicine, and homeopathic medicine. This type of therapy focuses on the curative powers of nature.

Reflexology

This technique is based on the idea that specific points on the feet and hands correspond with organs and tissues throughout the body. With fingers and thumbs, the practitioner applies pressure to these points to treat a wide range of stress related ailments.

Reiki

Practitioners of this ancient Tibetan healing system use light hand placements to channel healing energies to the recipient. Reiki is commonly used to treat emotional and mental distress as well as chronic and acute physical problems and to help the recipient achieve spiritual focus and clarity.

Rolfing

A massage technique using deep manipulation of the fascia (connective tissue) to restore the body's natural alignment, which may have become rigid through injury, emotional trauma, and inefficient movement habits. The process involves various sessions, each focusing on a different part of the body.

Somatic Experiencing

Somatic Experiencing is a psychotherapy that was created to address the effects of trauma first studied by Dr. Peter Levine. He observed how animals in the wild react and recover from life-threatening situations. The autonomic nervous system has stored “fight or flight” energy which keeps people feeling uncomfortable and in a state of hyper-arousal. In practice, the therapist allows the patient to experience small doses of trauma in order to rebalance the nervous system.

Sound Therapy and Balancing

The healing energy of sound, which can be achieved through many different modalities (tuning fork, singing bowls and music), is used to release energy blockages, which assists the individual towards emotional healing.

Tai Chi

Tai Chi is a Chinese martial art performed as a means of self-defense and for health purposes. The term Tai Chi incorporates the concepts of Yin and Yang (opposing forces within the body) and Qui (life energy). Tai chi can be practiced individually or in a group setting. There are many Tai Chi styles, but the majority of them involve slow, smooth movements transitioning from one to another. Posture, concentration, and deep breathing are important within this practice, freeing your thoughts.

Yoga

Yoga incorporates physical, spiritual, and mental practices in order to transform the body and mind. Meditation and exercises aim to improve flexibility, breathing, stress levels, and overall health. Yoga is based on the idea that the mind

and body are unified. The practice of Yoga has been found to be helpful in soothing trauma symptoms. Trauma-Sensitive Yoga has been developed to specifically provide a safe healing practice for trauma victims.

Conclusion

While this is not a comprehensive list of alternative treatments available, we hope it gives you a starting point and will encourage you to seek out the treatment that is most helpful to you.

If you need help locating a practitioner in Vermont, or would like other complementary healing suggestions, please contact Aimee B. Stearns – Victim/Witness Coordinator at the U.S. Attorney’s Office at 802-951-6725 or at Aimee.Stearns@usdoj.gov