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.lisajcarton.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

CADEDONIA 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 Patneaude 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.painrelievermont.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
xiqqunoble@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://jessicafrost.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  
Ann LaRocque  
32 Pleasant Street  
Woodstock, VT 05091  
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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