

KAREN E. NORDEEN, MFT
to speak at NAMI February
Education & Advocacy Meeting



WHEN: Thursday, February 2, 2012
TIME: 6:00 p.m.
WHERE: NAMI Sonoma County
ADDRESS: 1300 N Dutton Avenue Ste. A,
Santa Rosa, CA 95401
PHONE: (707) 527-6655

This month's meeting will feature Karen E. Nordeen, MFT. Karen will be discussing the principles of a healthy body ego. She will specifically cover the four basic stages that support a person's embodied sense of well being or presence. Participants will learn how these stages can build or help to repair our body ego. Karen works as a SonomaWORKS counselor and has a private practice in Sonoma and Marin Counties. Her practice supports meaningful change for clients who want to increase their self-awareness and choices, improve connections with others, and change behaviors. Karen uses healing modalities that focus on psychomotor aspects of ego development, trauma resolution, and emotional regulation.