



## Rachel Hutto, MS, EdS, LPC | Somatic Psychotherapy & Opportunities for Stillness

### Be Still *IS ABOUT BEING AT HOME*:

I help people feel at **HOME** & at **EASE** within themselves and restore **HEALING, RESILIENCE & VITALITY**.

**HEALING.** We all have wounds that need healing in order for us to live as our best selves.

**RESILIENCE.** We all have the capacity to bounce back from our wounding experiences and to develop resilience for when we undoubtedly encounter situations that have the capacity to further wound us.

**VITALITY.** It's hard to experience a life of vitality if we are bogged down by old wounds and unable to cope with new troubles as they arise. But I want for you a life full of all the good you're meant to be in this world.

### Be Still *IS ABOUT WORKING WITH THE FELT SENSE OF THE BODY*:

What does your **BODY** have to do with **THERAPY**? Our life experiences not only impact our thoughts and emotions, but also get embedded in our bodies as "body memories." All kinds of routine stress and more difficult life experiences, such as job loss or divorce, impact us immediately and continue to impact us over time. These wounds create body memories that we're often not even aware of and can cause us to fall into hurtful patterns of behavior that get in the way of living a life of vitality. **It's kind of like how our body never forgets how to ride a bike.** Even after years of not riding, we can just hop on again and go. These body memories often cause us to hop on a behavioral pattern that's not taking us in the direction we want to go, which is towards healing, resilience, and vitality. Somatic work helps us identify and work with those body memories so that you can achieve the healing you desire.

### Be Still *IS ABOUT PRACTICING SOMATIC EXPERIENCING (SE)*:

Somatic Experiencing has a weird name. It is also the most gentle, yet transformative therapy approach I have experienced personally and as a counselor. It truly guides us to access the deepest places within; the place that is **OUR HOME**.

Developed by Dr. Peter Levine over the past 45 years, SE is difficult to understand with words and talking (relying on our thinking functions at the top of the brain). **EXPERIENCING SE** is the best way to get what it is about. SE is working at the nervous system level, the base of the brain; the part of us that is responsible for the things we do automatically like breathe and digest food. It also allows access to working directly with the stress and threat response system; the system, that when overwhelmed, can get stuck causing us symptoms that don't feel good.

The **greatest impact** I have observed about SE is that it supports us into a state of **SELF-REGULATION**. When our whole self is able to regulate automatically, we are functioning with our maximum **RESILIENCE**.

### Be Still *IS ABOUT WELCOMING & ABUNDANCE*:

I have learned that my calling is **HOSPITALITY**. Be Still is honored to **WELCOME YOU**: into a therapeutic relationship, into a space for your own private still time, into community through a professional consortium, and into adventures with curiosity through my blog.

I believe in **ABUNDANCE**. There is enough to go around and plenty to share. As much as is poured into Be Still, Be Still is pouring into the community through the **ABUNDANCE PROJECT**. I am grateful for the countless ways Be Still has been supported and sustained.