

Janne Gibbs,

FNP/RN-BC, MSN, AHN-BC, HWNC-BC, CHTP

Owner of Trillium Healing & Arts



**Licensed Registered Nurse
& Family Nurse
Practitioner**

**Certified Advanced
Holistic Nurse & Coach**

**Family Systemic
Constellation Facilitator**

**Certified Pain
Management Nurse**

Encountering clients in a caring, holistic multidimensional manner that helps elicit the person's own inner knowing, resources, self-direction, agency, and the ability to experience greater comfort, peace and healing...

My Mission:

I believe each person has his/her/their own best wisdom, answers, personal strengths, and may be challenged at times in accessing and trusting them. I embrace the importance of human connection, resonance, and holding a safe space for sharing one's story, personal exploration, transformation, and inner healing. As an intuitive, compassionate, holistic nurse-healer-coach, I help co-create an interactive, embodied conversation and transpersonal experience to invite and encourage personal growth, agency, and change. I utilize a trauma-informed holistic approach with many multidimensional, integrative tools to invoke the richness of different ways of being, thinking, sensing and doing, to help facilitate greater knowing and healing. And lastly, through my most difficult personal life challenges and life-threatening experiences, I gained greater insights and profound personal and spiritual growth, which has amplified my empathic and transpersonal connection with others.

Special Populations I work with:

- Clients challenged by Chronic Pain, Illness or Health/Traumatic Life-Altering Events
- Clients Facing Loss, Death &/or Grieving
- Those Seeking Understanding & Repair of Personal, Family & Systemic Issues
- Nurses Facing Burn-out/Work Frustrations &/or Want Greater Peace & Life Balance

Key Offerings:

My sessions may vary in how I interact with clients, as I incorporate multiple, distinctive holistic tools, such as:

- Interactive Guided Imagery®
- Integral Holistic Coaching
- Healing Touch®, Therapeutic Touch® & Reiki
- Symptom/Stress/Pain Management
- Emotional Freedom Technique "Tapping"
- Positive Neuroplasticity & Resilience
- Somatic Exploration & Parts work
- Family & Systemic Constellation Facilitation
- Integrative Somatic Trauma Therapy® Approaches
- Resonance & Accompaniment Journey
- Attitudinal Healing & Mindfulness Compassion
- Grief, Loss, & Bereavement Support
- Empowerment & Transformational Journey Work
- Holistic Health Education & Consultation
- Surgery/Hospitalization Preparation & Recovery
- Individual, Family & Group Work

Certified Advanced Holistic Nurse Practitioner, Integral Coach, AGI Imagery Practitioner, Healer, Entrepreneur:

I incorporate many healing modalities and holistic approaches and teach self-help health practices. I also have worked with nurses, experiencing burn-out, life challenges, and difficulty creating balance in their personal and/or professional lives.

CR Professor Emeritus: Ret. nursing professor, 2011. For 32 years, I taught theory & clinical in maternal-child, medical-surgical, pharmacological, and holistic nursing.

Certified Interactive Guided Imagerysm Practitioner: (Academy of Guided Imagery) since 1994

Certified Healing Touch Practitioner (CHTP): since 1994, & Usui Reiki Master.

Certified Integrative Somatic Trauma Therapy Practitioner & Somatic Parts work: recent 2022.

AHNA Member, Chapter/Networker, & Workshop/Conference Presenter: active member since 1991.

Offering Both: 1:1 coaching/therapeutic sessions & group coaching or classes. Free 45 minute consultation Zoom session is available to explore my services.



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