

Susan E. Neander, MSW LCSW

Tune-ups for the Body, Mind and Soul



Susan E. Neander, MSW LCSW has a Masters Degree in Social Work and is a Licensed Clinical Social Worker in private practice in Arcata, CA. Susan is an old soul healer who brings 30+ years of training and expertise to her transformational healing practice with clients. She utilizes many body based healing modalities which she has advanced training in, including, Soul Memory Discovery(SMD), Soul Realignment®, Resonance Repatterning™, EMDR reprocessing therapy, Feng Shui, Aromatherapy and soon to be offering Psychedelic Assisted Psychotherapy.

Susan assists her clients with co-creating the perfect harmonizing healing session specific to their individual needs. She draws upon her many years of experience in traditional and non-traditional healing to facilitate a gentle and deep clearing which facilitates the opening of one's Soul.

EMDR stands for Eye Movement Desensitization Reprocessing. This is a highly effective body based psycho-therapeutic healing modality which incorporates bilateral stimulation in the form of eye movements, tones and or tactile stimulation to help release trauma and mistaken beliefs from the brain and body. EMDR allows the client's brain to provide feedback to reprocess old experiences, beliefs, and/or trauma, like the cathartic process that happens in our dreamtime during REM (rapid eye movement) sleep. **Psychedelic**

Resonance Repatterning™ is an interactive process between practitioner and client incorporating the principles of New Psychology, Quantum Physics, Holograms, Polarity Therapy, the Chinese Five-Element Meridian System, and the East Indian Chakra System. Resonance Repatterning™ uses the power of *applied kinesiology* (muscle checking) to access your field/body-mind system and identify the internal conflicts, limiting beliefs, and generational patterns that you unconsciously resonate with. Healing modalities such as guided imagery, breath work, movement, color, sound, light, and aromatherapy can then be applied. This enables us to shift and resonate with new, higher frequency patterns for living our highest potential.

Soul Memory Discovery is a "sacred ritual" that uses the power of language and of specially spoken words in blessed space to shift energy and effect change. It is a tremendously efficient and effective spiritual healing process. Together we ask questions of the client's own soul and Spiritual Guidance Team. We are then directed and given access to the specific information necessary to release the issue which holds the symptoms in place. **Once the symptoms are no longer being sourced, they dry up and go away.**

Soul Realignment® gives us specific information about the energetic qualities of our soul, based on the Soul's origination. This information is accessed through what is called the Akashic Records. Think of a data base or library where all the information about you & your soul in all time and space is recorded. (Your hologram.) We access this information to help you live your path and purpose with intent. It also gives clients a new way to understand their current challenges, to allow them to make different choices.

Psychedelic Assisted Psychotherapy - I am currently enrolled in a 10 month Psychedelic Assisted Psychotherapy Course with the Integrative Psychiatry Institute in Boulder, Colorado, and currently work with individuals looking to integrate their sacred medicine healing journeys.

Susan especially enjoys assisting others create more **Health, Abundance & Joy** in their lives.

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