

Andrea Sanger,

LCSW *Ca Lic# LCSW 64243*



Somatic and Character Analytic Psychotherapy

Somatic psychotherapy and Character analysis, both developed by Wilhelm Reich, look at how you are in your life: this includes how you breathe, where tension is held in your muscles, where there is more or less energetic charge and flow; as well as how you think, feel, relate, and behave. Most of these ways of moving and being protect you from experiencing emotions and life fully, so we call it armoring. I help you discover your unique armoring and how it relates to what brings you to therapy in the first place. This type of therapy supports you in learning to tolerate feelings and sensations associated with letting go of the armoring, which facilitates an enhanced capacity to live, love, learn, and move through the world more fully and with a greater sense of being you.

Licensed since 2014, with nearly 20 years' experience in the fields of psychotherapy and social work, I am committed to ongoing personal and professional development. I have trained with Daniel Schiff, PhD and Mitchel Singer, MA, LMHC in Contemporary Reichian Therapy, and currently participate in a consultation group with local Reichian Therapist, Peter, Moore, LMFT.

707-267-5240
4001 West End Road, Suite 3
Arcata, CA 95521