

LARRY SOLL

**Associate-Marriage
and Family Therapist
&
Somatic Experiencing
Practitioner**



Everyone feels anxious, stressed or disconnected at times. Sometimes past hurt or self-judgment interfere with enjoying the present. Many of us experience challenges with relationships or intimacy at some point in our lives. I offer a safe place to explore.

One root of my practice is **Somatic Experiencing**, a body awareness approach to healing based on 40 years of research and practice by Dr. Peter Levine. Somatic Experiencing is helpful for working with all sorts of trauma including, developmental trauma, intergenerational trauma, and medical trauma.

With Somatic Experiencing, I can help you track your body's felt sense of experiences while staying connected to resilience and strength. By listening to your body's inner experience, you can settle your nervous system, shift patterns, decrease susceptibility to triggers, and become more present.

When we approach these experiences with gentle curiosity, we support our capacity to release self-criticism, invite restoration, move through stress, and open to life.

Whether you are experiencing significant challenges or not, Somatic Experiencing is helpful for building awareness of your inner experience, engaging with the present, and increasing your capacity for joy of life.

***I accept Beacon/Partnership Insurance,
and have a sliding scale.***

I have taught mediation, relationship skills, and conflict resolution. As an Outward Bound wilderness instructor, I supported students to face their fears and challenges, access strength, perseverance and resilience, connect with nature, and support one another. I bring these and other experiences into my practice.

Please call for a free phone consultation. Thanks.

LARRY SOLL

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