

A SOMATIC MOMENT:

Regulate, Restore, Rest



Michelle M. Lewis, CSWA, MSW

Second Mondays of the Month
4-5pm PST

Michelle has a B.S. in Human Services from University of Phoenix in Portland, OR and a MSW from Portland State University. She has worked for 15+ years in the Human Services and mental health field. She is Wholistic Afrocentric Wellness practitioner providing culturally specific mental health services to the African American community. Michelle is a Portland native. She has been married for 27 years, is a mother of three sons and a grandmother to three beautiful grandchildren.

Michelle applies a combination of Anti-Oppressive Practice, Liberation Psychology, Empowerment theories, and the Strengths Perspective to inform her practice when working with families and community members. Her drive to understand the complexities of the world has led her to study African Spirituality, meditation, Kemetic Reiki, Usui Reiki, astrology, apothecary, herbalism, among other things. Through her own physical health struggles Michelle has gained a wealth of knowledge about herbal medicine and other natural and spiritual healing modalities. She is passionate about helping others empowering individuals to make informed decisions not only about their mental, physical, and spiritual health, but their total lifestyle. Michelle is a Reiki Master, Sacred Woman Practitioner and Vibration Sound Therapist.

Sign up at:

<https://traumainformedoregon.org/event/public-offering-a-somatic-moment-regulate-restore-rest/all/>

