

Healing Services continued from Inside

- **Reflexology (30 min.)**—\$30
Integrated Foot, Hand, Ear (60 min.)—\$42

Sonja Kaye, LMT, LR
Every Tuesday

[Reflexology is an ancient healing art that promotes relaxation, increases circulation which increases the supply of oxygen and nutrients reducing muscle tension and soreness.]

- **Spiritual Direction (60 min.)**—\$50 or sliding fee scale
Pr. Helen Beth Kuhens, Certified Spiritual Director

[In the play "Our Town" by Thornton Wilder, Emily Gibbs asks this question of the Stage Manager: "Does anyone realize life while they live it?" The role of spiritual director is to listen to another's life--to "realize" with another the holy in the every day as well as the depths of pain and joy that each life holds.
(Specializing in faith crisis and mid-life spirituality)

- **Stress Management (60min.)**—\$60
Jan Nelson, OTR/L, MA
Licensed Qualified Resilient Educator Instructor from the Institute of HeartMath

[Stress management interventions to develop greater emotional self-regulation. The program is taught to achieve sustainable perceptual, attitudinal and behavioral changes.]



HeartSprings

HeartSprings
Located at:
Messiah Evangelical Lutheran Church
2010 Elm ST N
Fargo, ND 58102

Phone: 701-261-3142
Fax: 701-237-4937
email: jnelson1409@yahoo.com
www.heartspringscenter.com



Healing Services A' La Carte



A center for Health, Hope, and Healing



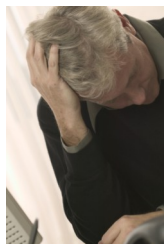
Phone: 701-261-3142

Healing Services

All Offered On Tuesdays

- **Chaplaincy (60 min.)** ————— \$50 or Sliding Fee Scale
-By appt. only
Sonja Kjar, Board Certified Chaplain

[Specializing in forgiveness, reconciliation, meditation and being a spiritual friend]



- **Counseling (50 min.)** ————— \$5 informational presentation
\$40-90/session (sliding fee scale)
-By appt. only
Doreen Vosburg, M.Ed, LPCC
[Specializing in issues of aging, life transitions, anxiety, dementia, grief & loss.] Now accepting Blue Cross/Blue Shield

- **Cranio-Sacral Therapy (60 min.)** - \$60
Packages-(4) 1 hr. sessions ————— \$220
Tuesday evenings—3-8pm
Sherry Loen Bakke, OTR with advanced trainings in multiple modalities (cranio-structural, tri-release, reconnective healing, etc.). [Good with everything, but especially good with TBI, migraines, chronic pain, sport injuries, fibromyalgia, TMJ and orthopedic problems]

- **Healing Touch (60 min.)** ————— \$60
Initial Session (90 min.) ————— \$80
15 min. increments ————— \$15
Packages-(4) 1 hr. session ————— \$220
Packages (4) 1 1/2 hr. session ————— \$300

-2nd Tuesdays of the month

Gwen Fraase, RN CHTP
[Healing Touch is for everyone and everything, especially good with pre-and post-surgery, pain control, neck and back problems, skin problems, MS, AIDS, diabetes, cancer, chronic fatigue syndrome, headaches/migraines, arthritis, autoimmune diseases, heart and lung disease, etc.]

- **Infant Massage (40-90 min.)** ————— \$36
Home visits scheduled or meet at Church
Donna DuRand Ellig, OTR/L, MS Certified Infant Touch and Massage Instructor
[Individualized instruction in infant touch and massage will address each infant's unique sensory system and development along with the needs of the parents and family.]

- **Integrated Imagery (60 min.)** ————— \$50
-
2nd Tuesdays of the month

Gwen Fraase, RN with advanced training in imagery and certified from Beyond Ordinary Nursing in Integrated Imagery
[Imagery is the natural process that uses the senses to help bridge the subconscious and conscious mind. Benefits include: relaxation, decreased pain and symptom relief, increased reduction in blood pressure, insight regarding a particular problem, pain management, preparation for surgery, stress reduction, inspiration and motivation]



- **Massage, therapeutic**
(15 min.) — \$17
(30 min.) — \$33
(60 min.) — \$55
(90 min.) — \$73
Stone ————— (30 min.) — \$55
(60 min.) — \$73
(90 min.) — \$91

Massage/Reflex Combo (45 min.) — \$42
50/50 Massage/Reflex combo (60 min) \$50
Massage series (4)-1 hr. — \$196
Chair series (4) 15 min. — \$ 48

Sonja Kaye, LMT, LR

[Therapeutic massage is the manipulation of soft tissue with the intention of bringing it back to a normal state using techniques such a trigger point and myofascial release. Using stone adds the element of warmth and heaviness. Contraindications to using stones include: open wounds or fungal infections, uncontrolled high blood pressure, diabetes, osteoporosis, or pregnancy]

- **Personal Coaching (60 min.)** ————— \$70
-By appt. only
Jenny Knoll Rheault, Personal Coach and Life Skills Advisor
[Coaches help people open themselves to possibilities and empower them to identify, celebrate and own their individual greatness. Coaching helps people move from where they are to where they want to be, holding them bigger than they see themselves at the moment and keeping them accountable along the way.]