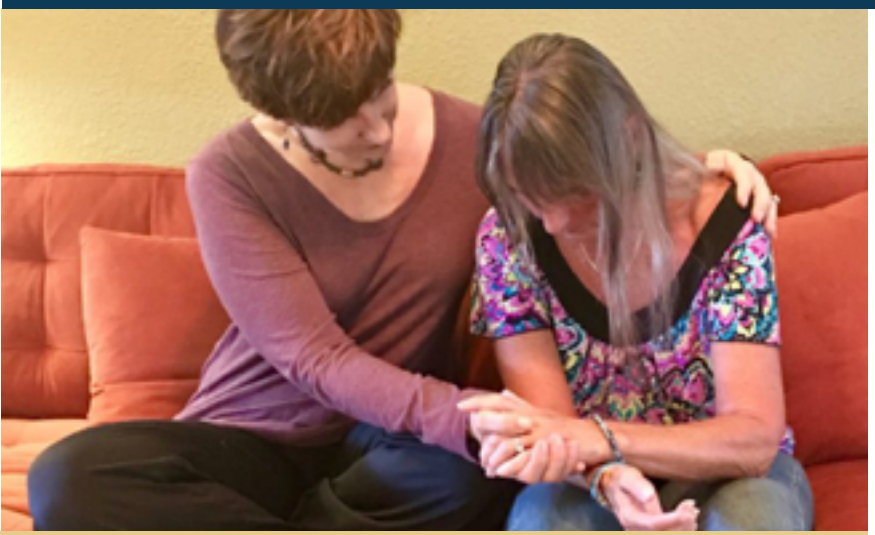
TOUCH MATTERS

A Psychotherapeutic Touch Consultation Group



Sabrina Santa Clara

LPC, R-DMT, IFS-CTC, RYT

Sabrina began her life's work as a massage therapist, learning what a body says before it finds words. That listening carried her into embodiment teaching and yoga, then to Naropa University for her Master's in Body Psychotherapy and Dance/Movement Therapy. She is a Certified Internal Family Systems Therapist and consultant who has been working with the model for over 25 years, and has woven it into Neoshamanic IFS, where parts work meets spirits and ancestors, the land and the body, community and ritual.

She created Psychotherapeutic Touch, a certification training and standard for the ethical, skilled use of touch in therapy, after seeing too many practitioners caught between fear and instinct with no map to guide them. She designed the touch training for Fluence, has led trainings for Journey Clinical and other psychedelic organizations, and teaches internationally. She works from an elder's seat: rigorous about ethics, tender with the people learning them.

When the body asks, will you know how to answer?

Touch is the first language any of us learned. Long before words, a body discovered it was safe because another body helped it feel so. Our clients carry that first grammar into the room, sometimes fluent, sometimes broken, and in expanded states it rises to the surface asking to be spoken. Most of us were trained to answer it with words alone, and something in the client goes unanswered.

We carry it too. Each of us learned this language in a particular home, with its own dialect of tenderness or absence, of intrusion or silence. What we have not yet tended becomes projection, and it speaks through us anyway: a part that rushes in to comfort, a part that freezes, a part that pulls back before the client has finished reaching, a part that needs the client to be all right. Our clients feel those parts as surely as they feel our touch.

Touch Matters is where we become fluent again: tending our own touch history until the body's wisdom can speak, and bringing that fluency, with skill and with heart, into the relational space we share with our clients.

Space is limited. Claim your seat now.

The next group begins 12/2/2026

First Wednesdays, 9:00-10:30 am MT
Six monthly sessions on Zoom

Equitable contribution: $695 for all 6 sessions

The same small circle meets for all six sessions

Interweaving Journeys

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