

Our national network is comprised of trauma-informed, sliding-scale, holistic healing arts practitioners who provide personalized support to survivors of sexual violence.

* Our practitioners bring a **trauma-informed lens** to their work with clients. They recognize the connections between coping behaviors, symptoms and imbalances in the body, mind + spirit, as innate attempts to manage a difficult past and survive the present. They create a nonjudgmental space for healing + validate their client's efforts to cope, while gently introducing more sustainable approaches to recovery.

* Members of The Breathe Network strive to provide **sliding-scale fees** + payment plans to widen the range of costs for treatment. This method enhances financial accessibility of services and creates the opportunity to receive consistent, ongoing treatment - reducing the barriers to healing.

* We offer a spectrum of **holistic healing and health + wellness practices** that address the physical, mental, energetic + spiritual impacts of sexual violence. Treatment is personalized, collaborative and adapted to the survivor's unique needs and strengths.



Support The Breathe Network!

All donations support our mission to connect survivors of sexual violence with trauma-informed, sliding-scale, holistic healing arts practitioners and to provide comprehensive education and training for healing arts and health + wellness providers.

Donate Online

www.thebreathenetwork.org/donate

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P.O. Box 86691, Portland, OR 97286

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www.thebreathenetwork.org/join-our-network

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info@thebreathenetwork.org

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<http://thebreathenetwork.org/providers>

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The Breathe Network, Inc. is organized as a public charity under section 501(c)(3) of the Internal Revenue Code, therefore the full amount of contributions made to our organization are deductible for federal income tax purposes.

The Breathe Network

Building Resilience
through
Embodied Approaches
To Healing



www.thebreathenetwork.org

Our Mission

The Breathe Network connects survivors of sexual violence with trauma-informed, sliding-scale, holistic healing arts practitioners across the United States and Canada. We provide training for healing arts practitioners on the nuanced impacts of sexual violence and techniques to enhance trauma-informed care within their practice. Specialized workshops on embodied healing and holistic care is available for members of the advocacy movement.

Holistic Healing & Trauma

Healing approaches that treat the physiological impacts of trauma allow survivors to access the present moment, rebalance the nervous system and develop long-term wellness. Our work is grounded in the knowledge of trauma's complex impacts + best practices for care:

- * Our practitioners assist survivors in connecting with their bodies, working with sensation, nourishing the inbuilt capacity to heal + beginning to trust their unique process
- * The healing arts bring an inclusive, trauma-informed lens which affirms that physical, mental + spiritual changes are valid ways the systems of our organism attempts to cope with the impacts of trauma
- * Intrinsic within the support we offer is a belief that the body, mind + spirit gravitate towards balance and holistic trauma healing practices facilitate a natural movement towards greater wellness in a gentle and sustainable manner

About Our Healing Network

We partner with practitioners across the United States and Canada in the fields of acupuncture, biofeedback, chiropractic, coaching, EMDR, equine therapy, massage, naturopathy, psychotherapy, personal training, reiki, yoga and more. We continue to expand our network of members and modalities in order to provide greater accessibility and options for trauma survivors through our national database of healing arts practitioners and organizations.

Enhancing Survivor Care

Conventional and alternative medical providers recognize the interconnection of body + mind, and that people benefit when their whole self is incorporated within care. As accessibility increases, the use of healing arts will only grow:

- * Survivors are increasingly seeking out healing practices that include the body + spirit, and their relationship to mental/emotional states
- * Our practitioners treat the myriad symptoms expressed in the wake of trauma and address the root causes of imbalance - offering tools to restore wellness at the core of a person
- * The personal approach of the healing arts equips practitioners to attend to the way each client holds the residue of trauma leading to compassionate + comprehensive care
- * The teachings of the holistic healing arts help survivors establish a strong foundation for self-care that serves their ongoing recovery

Our Role in the Movement

The Breathe Network powerfully complements the existing work of the anti-sexual violence movement with respect to advocacy, policy, crisis intervention and prevention education. By emphasizing the importance of resourcing survivors with healing practices that holistically attend to the layered impacts of trauma, while simultaneously improving access to care, we assist survivors in building resilience and offer a sustainable path towards healing + integration.

Training & Workshops

Members of our network provide a variety of online and in-person training + education for healing arts practitioners, anti-violence organizations, medical staff and survivors of sexual violence:

- * Introduction to sexual violence, trauma and embodied healing
- * Exploring the physiological impacts of trauma and how the healing arts support recovery
- * Integrating a trauma-informed lens within conventional health and wellness fields
- * Developing holistic advocacy services
- * Creating a trauma-informed practice for healing arts practitioners and organizations
- * Effective techniques for treating the symptoms of post-traumatic stress disorder
- * Trauma-informed yoga and holistic wellness workshops

Trainings are tailored to meet the needs of the audience. Contact info@thebreathenetwork.org to explore a variety of options for your group.