



TRUST YOUR OWN EXPERIENCE

MANALIS
MIND-BODY
THERAPIES, LLC
PORTLAND, OR



RESOLVE PAST TRAUMA

LIVE FROM YOUR HEART

[Craniosacral Therapy](#) • [Hakomi](#) • [Individual & Couples Counseling](#) • [Groups, Classes & Workshops](#)

Upcoming Events:

- [Intro to Craniosacral Therapy](#) - July 30th & August 1st
- [Intro to Mindful Experiential Therapy Approaches](#) - September 18th & 19th

Dear Community,

(You are receiving this letter because our paths have crossed in one way or another over the past 10 years through my work as a counselor, body therapist, or yoga instructor. If you do not want to be on this newsletter mailing list, please feel free to click on [this link](#) to remove yourself.)

I am excited to let you all know about the recent expansion of my practice to offer counseling for individuals and couples. I have been busy for the past few years completing my Master's degree in Counseling Psychology from Lewis & Clark College. This is a creative and active time for me because I am integrating my recent training in counseling with my past knowledge & practice of yoga and bodywork.

This synthesis of body with mind translates into my natural specialization: I work with people whose lives are negatively impacted by past [trauma](#) and/or abuse. There are many different kinds of trauma: event-based, developmental, and cultural. Whatever the type of trauma, it often shakes the very ground that we stand on. Often, past trauma unconsciously causes our mind to split from our body, which can result in anxiety, hyper-vigilance, dissociation, depression, chronic pain, addiction, and relationship problems. Through my approach to counseling, I help

you learn to trust your own experience so you can live your life aligned with your heart. When you are aligned with your heart, your close relationships can enhance rather challenge your well-being and your stability. In addition to individual and couples counseling, I continue to offer Craniosacral Therapy as a hands-on approach that gently helps release trauma through balancing your nervous system. Feel free to visit my website for more information by clicking [here](#).

It is important for me to engender safety and care with all of you in each and every session. I am a supportive and collaborative counselor so that you remain empowered throughout our time together. I bring my authentic and real self into the therapeutic alliance that we form. Yet, I hold clear and firm professional boundaries so you remain safe to be successful in your therapeutic aspirations. Overall, I feel immense gratitude to be able to do this intimate and life-changing work with you.

Warmly,

Jeremy

p.s. If you know one or more people who you think would benefit from what I have to offer, please pass this email onto them by using [this link](#).

Recommendation for Child & Family Therapy

My wife Johanna Manalis is offering affordable therapeutic services to children and their families. She specializes in working with families who have children with special needs and their siblings. Though of course I am biased, I heartily recommend her to any family needing extra support. She's an incredibly knowledgeable and experienced therapist as well as a graceful person. Her office is located in NE Glisan and 60th. Her office phone number is: 503-735-5437

In gratitude

As I celebrate my 10th year of being a part of the Portland community, I am struck by all the connections made during this rich decade of my life. Whether I met you through the world of yoga, bodywork, counseling, or Hakomi, I have been transformed

by my interactions with each of you. It has only been through sharing your experiences with me that I have been given the honor and opportunity to begin to understand how to listen full-heartedly to another human being. I sincerely thank you all for being an integral part of my professional and personal growth.

Selected Seasonal Hike

Being out in the wilderness is a passion of mine. Without fail, nature rushes me back into myself. Nature provides the foundation and opportunity for me to trust my own experience and live from my heart, effectively erasing the stress I can unknowingly lug around. Aside from my own experience, there is more and more research coming out demonstrating the enormous benefits that physical exercise has for our mental health.

This summer's selected hike is to an area 46 miles from Portland in the Tillamook national forest. The hike begins out of Elk Creek campground, just off highway 6. It is a moderate hike along Elk Creek for about 4 miles. If you like, you can make it a longer loop through connecting it with Elk Mountain Trail. Click here for a [map](#) of the area.

Allow your senses to open on this hike: hear the potency of the rushing creek; allow your eyes to feast on the moist green moss next to the stark white bark of the Birch trees; feel the rhythm of the trail against your feet and through your body. Enjoy...

www.jeremymanalis.com • 503-349-2281 • 15 SE 16th Ave. • Portland, OR 97214 •

--

[If you do not want to receive any more newsletters, then use this link](#)

To update your preferences and to unsubscribe visit [this link](#)

Forward a Message to Someone, then use [this link](#)