

Andrea was called to guide others on their healing path after she experienced firsthand the beautiful Self-healing power we all contain. She did her own process work with several common therapy modalities that focused on diagnosis, medication, and creating positive habits. None of them created any lasting healing so she gave up on therapy. She then discovered holistic approaches to inner transformation that worked with the entire person, not just their problem behaviors or thoughts.

We are all multifaceted, wonderfully complicated creatures. To make real healing progress, we need to consider our entire system of emotions, thoughts, habits, family stories, environment, physical health, relationships, social networks, and beyond. Lasting change comes from taking in the entire human as a beautiful manifestation in a physical body on this planet.

Andrea takes a lifetime of experiences and weaves them with her formal training to help her clients build a trusting relationship with all parts of themselves. We all have an inner guide, a True Self that has the ability to nurture and care for our whole being, including all of the parts of our personality. This Self can be hidden by pain and life stresses, but it is always with us and beyond capacity to damage.

Andrea's somatic and human-centered approach takes in what each person brings to a session. She helps her clients establish a safe space to witness their emotions and their body sensations. From this foundation, inner trust within the client's system can be built. And when a client has inner trust, healing is the inevitable outcome.

Andrea works with adults of all backgrounds, specializing in those who seek an IFS-informed approach to life transformation and whole person healing.

Her facilitating style is tailored for each person, using a blend of techniques from:

- Internal Family Systems
- Inner Relationship Focusing
- Guided Meditation
- Body Mapping
- Nature-based immersion ceremonies
- Poetry and Journaling
- Active Imagination

Andrea's education includes many philosophies, teachers and schools to connect with Self and with the larger world: meditation, flow yoga, dance therapy, plant medicine, sports physiology, shamanic ceremonies, journaling, soulcraft inquiry, empowered feminine storytelling, mythology, embodied coaching, and inner family systems.

She is always evolving her coaching practice to blend the methods that work best for each client. She's inspired by the works of Robert Johnson, Adrienne Marie Brown, Dr. Christine Caldwell, Richard Schwartz, Sandra Ingerman, Dr. Joe Dispenza, Dr. Lissa Rankin, Bill Plotkin, Robin Kimmerer, and many poets.



**Andrea Feucht**  
IFS Guide & Somatic Coach