

# REMEDY INSTITUTE

## Speaker Series

### Embodiment for Therapists

Monday March 30th  
12:00–1:00 PM | Virtual



with Dr. Carol-Anne Hendry

## Speaker Series Fundraiser

# Embodiment for Therapists

Therapists are trained to think, conceptualize, and interpret, yet one of our most powerful clinical tools is our own embodied presence. This one-hour talk introduces embodiment as both a personal practice and a clinical capacity. Participants will explore why somatic awareness matters in therapy and how subtle shifts in a therapist's nervous system can influence attunement and regulation in session. Grounded in attachment theory, interpersonal neurobiology, and trauma-informed practice, this session offers a practical framework and a few accessible practices therapists can begin experimenting with in their clinical work.

**When:** 12–1pm • Monday, March 30, 2026

**Where:** Virtually via Zoom (ticket holders will receive the link ahead of the event)

**Bonus:** All ticket holders will receive a recording of the talk

This event is a fundraiser. All proceeds from ticket sales help fund our [Community Support Program](#), which provides 1-1 mental health services for people who are having difficulty covering the cost of therapy. You will receive a charitable receipt for all ticket purchases and donations.

## Who is this talk for

- Psychologists, psychotherapists, and social workers
- Graduate students and practicum trainees
- Clinicians working with trauma, attachment, and relational complexity
- Therapists experiencing burnout, disconnection, or over-reliance on cognitive strategies

## **Presenter**

Dr. Carol-Anne Hendry, PhD, C. Psych. Dr. Carol-Anne Hendry is a clinical psychologist and Co-Director of Solasta Psychological Services in Ontario. She works with children, adolescents, and adults from an attachment-based, experiential, and trauma-informed perspective. Dr. Hendry supervises graduate trainees and early-career clinicians and teaches at the University of Guelph and the University of Guelph-Humber. She is passionate about integrating interpersonal neurobiology, somatic awareness, and relational depth into both clinical practice and therapist development.

**[TICKETS HERE](#)**