



Rooted Circle
Therapy In Nature

CHARLETTA ERB, LMFT

Counseling outside to heal inside,
Taking therapy beyond words to help people truly connect.

Biography

"Therapist by day, musician by night" Charletta Erb tunes into relationships. As a Licensed Marriage and Family Therapist, she specializes in couples conflicts and nature-based psychotherapy. She teaches compassionate curiosity and thoughtful emoting. She studied somatic psychotherapy to help you listen to your body's wisdom. She loves taking clients for walks by the ocean and hills.

Presentations

- * Walk Nature's Path to Mental Health:
practical exercises creating real connection
- * Compassionate Curiosity and Thoughtful Feeling:
how to confront, and communicate with care
- * Transforming Anger to Positive Action
- * Mediation & Facilitation Skills for Leaders

Nature therapy is a practice in mindfulness without all the effort. I lead direct experiences of nature, to the rhythm of footsteps and breathing together.

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