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Reclaim your life from Injury and Illness



Have you been faced with an illness or injury that is forcing you to re-evaluate how you function in the world?

Do you feel hijacked by your body?

Have you done the work the doctors want and still desire a deeper level of healing in your life?

Our emotions are housed in our bodies; years of emotional experiences, both positive and negative are stored in every muscle, tissue and fiber of our being. In order to have a fully functioning body, it is important to also have our emotional house in order, because they distinctly work together. Katie will help you better understand your relationship to your inner emotional world, which will allow the body to function differently in the outer world.

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Call Today

Call Today 303.507.3726

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Katie Mason, a licensed professional counselor, was drawn towards working with individuals with health issues after her own debilitating knee injury. Frustrated with the dominant culture that separates the body from the mind and emotions, and feeling trapped by her own injury, she explored new ways of listening to her body in order to facilitate her own healing process.

Unable to function in the world the same way as before, her healing came not only from the practical advice of her doctors, but by transforming her relationship with herself and learning to better listen to the emotional world of her body. Katie wants to share her successes with others and is passionate about helping others create sustainable healthy lives for themselves, from the inside out.

Katie's insight and creativity will bring new perspective to your current relationship with your body. She believes it is important to re-vision your illness or injury as a window to deeper personal exploration, which initiates opportunities for re-inventing yourself. Through a new understanding of what is happening to your body, Katie will help you develop a deeper wisdom and understanding of your life. Doing so will facilitate new opportunities for growth and happiness.

Katie works with many facets of illness ranging from autoimmune diseases to cancer, and injuries ranging from athletics to ageing.

Katie uses a variety of therapeutic techniques from practical behavioral modification to symbolic exploration and building meaning around the injury or illness. She also believes it is important to be intentional and creative when imagining the future. When life throws you a curve, being willing to think outside the box and try new things can open unexpected opportunities.

Just a few of the many ways that psychotherapy can help us with our bodies...

- Understand better where different emotions are stored in your body.
- Learn how to access and/or release those emotions to create changes in your life.
- Develop a new relationship with your body that allows you to live well in the world, even if you have restrictions in your body
- Learn to identify old belief patterns that may be restricting your ability to fully nurture your body as it may need for the time being or indefinitely
- Identify how your family history impacts your relationship with your body so you can change any unconscious behaviors that may no longer serve you and your body



“It’s also helpful to realize that this very body that we have, that’s sitting right here right now...with its aches and its pleasures...is exactly what we need to be fully human, fully awake, fully alive.”

- Pema Chodro