

LIVING FULFILLING LIVES: Holistic Psychotherapy as a Pathway to Healing, Growth and Fulfillment

Fulfillment is not a static end-point that one day finally arrives. Instead, living a fulfilling life is an ongoing journey of getting to know yourself. It involves exploring the meanings of fulfillment in a deeply personal way, beyond the ideas imposed by culture, family and others. What we find can reorganize our lives, bring a deep sense of peace, purpose, and vitality, and is central to our sense of health.

Surprisingly, disturbing experiences – whether in our bodies, relationships or emotions – often hold the keys to the very things that can make our lives more fulfilling and rewarding. Instead of merely trying to get rid of discomfort, these difficult places become opportunities for healing, growth and new possibilities.

Join Katje Wagner for an exploration of pathways toward fulfillment. The evening will include an introduction to Katje and her work as a holistic psychotherapist. Participants will also have an opportunity to explore your own experiences of fulfillment in order to enrich your personal and professional life. The evening is meant for all those interested in holistic health and living fulfilling lives.

**Wednesday, March 9th
6:30-7:30pm**

FREE

**Northwest Wellness Center
8600 SW Salish Lane
Wilsonville, OR 97070**

Katje Wagner, MS, DiplPW, is a holistic psychotherapist, teacher, and creative consultant. She works with individuals, couples and groups. Katje's practice is based in Process Work and Somatic Psychology, and emphasizes the interconnection between physical health, inner experiences, relationships, social dynamics and spirituality. With a background in dance, midwifery, bodywork and yoga, she specializes in working with health issues from a holistic perspective. More info at www.katjewagner.com