



MEET counselor, creator & catalyst **Cathy Wild**

1982 – present

Somatic Counselor, Body-Centered Healing, Healdsburg, CA (private practice). Synthesize spirituality, gestalt, bioenergetics, art therapy, creative visualization, breath-work, movement & sounding to help clients make deep connections with unacknowledged aspects of their life experience. Foundation building, completion, integration and grief process-work

1985 – 1988

Consultant. Created and conducted a variety of lectures, workshops, and seminars on creativity, risk-taking, team-building, work spirit, building self-esteem, and effective communication. Clients included Wells Fargo Bank, Pacific Bell, PG&E, Sonoma County Transit, KSRO-AM, and the California Department of Forestry

Journalist:

“Wild Ideas” monthly column for *The Ukiah Daily Journal* and *The Kenwood Press*

Columnist, “Wild Ideas” (monthly) column in award-winning online magazine, *Life Matters*

“Wild Ideas for Artists” bi-monthly column for *The Sonoma Arts Council Newsletter*

2000 – 2004

1996 – 1999

1993 – 1994

Teacher:

Santa Rosa Junior College, Work Experience Department: Created and conducted seminars on risk taking, change, and transition for graduating students

1986 – 1988

Led a number of specialty classes and workshops focused on personal and creative development. Topics included: writing to explore the creative process, journal writing, mid-life transition, and successful risk-taking

90s - present

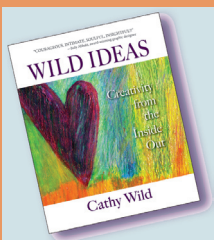
Education:

Bachelor of Arts, Anthropology, University of California, Berkeley

Other relevant coursework: nonwestern culture and theatre, literature, world religions, psychology, dance, painting, and the healing arts

1977

Have also been interviewed by the following media: PBS-TV *In the Prime* (series), KRCB-FM (PBS), *Press Democrat* (metro daily), *Sonoma Business Magazine*, *Los Angeles Magazine*



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