



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

1982 – present

**Somatic Counselor**, Body-Centered Healing, Sonoma County, CA. Synthesize spirituality, gestalt, bioenergetics, art therapy, creative visualization, breath-work, movement & sound-ing to help clients make deep connections with unacknowledged aspects of their life experi-ence. 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 com-munication. 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 devel-opment. Topics included: writing to explore the creative process, journal writing, mid-life transition, and successful risk-taking

90s - present

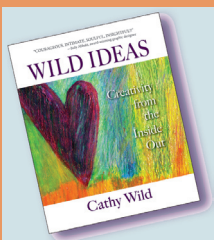
### Education:

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 been interviewed by the following media:** PBS-TV *In the Prime* (series), KRCB-FM (PBS), *Press Democrat* (metro daily), *Los Angeles Magazine*, New Dimensions Radio (synd.)



Author, **Wild Ideas** Creativity from the Inside Out

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Learn more:

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