



Cathrine S.Thommessen

Movement Educator, Movement Therapist, SEP

I am working in Oslo, Norway as a movement teacher and therapist, teaching groups and giving individual sessions. I am coordinating workshops for others and teaching workshops myself, mostly in the field movement, body awareness and ANS regulation. I own and manage *Spinta* which is a studio for movement and training for women of all ages.

I have a Bachelor degree in dance and movement as well as health psychology from NIH. I am certified movement educator and therapist from ISMETA, International Somatic Movement Educator and Therapist Association, as well as Somatic Experiencing Practitioner.

For two years I was living in New York with my family. During those years I studied Continuum Movement which I use as a tool in groups and workshops for awareness and regulation of ANS.

I use TRE as a tool in individual session as well as in small groups often in connection with muscle tension/ lower back pain.

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