SPEAKER SHEET

Becca Bowers

Provisional Licensed Professional Counselor (PLPC)
The Authenticity Center, Lafayette, Louisiana

About Becca

Becca Bowers is a therapist at The Authenticity Center who focuses on trauma recovery, embodiment, and healing the relationship with the body and food. She also leads groups and speaks on boundaries and on somatic coping skills for anxiety. "Your body is sacred, your body is worth healing, and you are capable of recovering from trauma." - Becca Bowers

Speaking topics

- **Boundaries**
- **Somatic coping skills for anxiety**

Book Becca to speak

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