

the *intuitive* counselor

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Dr. Laura B. Farmer, Ph.D. is a licensed professional counselor, scholar, educator, speaker and consultant.

After working for seven years as a professor of counseling, fully immersed in the study of change processes, she now facilitates transformation for a variety of people, groups, and causes. Dr. Farmer is a skilled counselor and educator with a range of clinical expertise: mindfulness, expressive arts, embodied movement, EMDR trauma therapy, Psych-K facilitation, and leadership development.

Contact Dr. Farmer to receive a free, 15-min consultation about her services.



**PROFESSIONAL
COUNSELING**
for individuals, groups,
and families



**PSYCH-K
FACILITATION**
for changing
subconscious,
self-limiting beliefs



QOYA-BASED
mindful movement
classes



WORKSHOPS
training seminars, and
keynote presentations



RETREATS
for wellness and
group transformation



let's work together

Are you interested in hosting a workshop or retreat
for your group or organization?

I can support your group with building trust and cohesion, creative exploration, and goal setting.

The following elements may be included in your customized training and retreat experience:

- ▶ Group facilitation to clarify goals, direction, and implementation
- ▶ Mindfulness training for improving skills in presence, awareness, and self-regulation
- ▶ Experiential drum circles for community building, improvisation, and play
- ▶ Guided movement to facilitate embodied learning and intuitive insights
- ▶ Expressive arts for creative exploration and integration of new perspectives

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“Laura is fantastic. She created an incredible agenda that was so congruent with the hopes and values of our organization. Our retreat was a great mixture of experiential movement, verbal processing, and goal setting.”

– Christine Dennis Smith

LCSW, Co-Director of the Women's Center at Virginia Tech

“Dr. Laura Farmer’s thoughtful, easy going nature provides a safe atmosphere where people can learn and risk asking hard questions. We highly recommend her... for your next professional meeting!”

– Karen Garlow & Dr. Shawn Hughes

*Supervisor Of Schools & Assoc. Director Of Counseling
of Roanoke County Public Schools*

“Laura created a supportive and welcoming space to share and take risks with my team. Wonderful experience!”

“The movement exercises were fun and I appreciated them also being a connecting thread throughout the day to refresh and break things up.”