



ABOUT JESS

Jess's body-centered approach includes traditional talk therapy as well as sensorimotor processing, movement and food as medicine, mindfulness, and nervous system regulation. She specializes in trauma recovery, anxiety and panic disorders, and psychological issues related to one's physical health condition. She also works with people experiencing difficulty setting boundaries, living with symptoms caused by stress and burnout, and those working to heal wounds caused by intergenerational family patterns.

Jessica Warpula Schultz, LMFT
Sensorimotor Psychotherapist
Trauma-informed Personal Trainer