

Defining Safety

In this very first episode of How We Heal, we will define what safety really means to us and how our sense of safety affects our everyday lives. Join me, Lauren Hubele, and my colleagues Meagan Lemp and Cameron Scott as we dive into safety from perspectives in gemmotherapy, psychotherapy and eastern medicine.

To watch this episode, check out my YouTube channel!

—

Send in a voice message: <https://anchor.fm/how-we-heal/message>