

Community Education Series

The Recovery Village and Advanced Recovery Systems



ADVANCED RECOVERY

S Y S T E M S

an advanced approach to patient care





Presentation Topic:
Using Your Body for Relapse Prevention



Speaker:
Jacki Gethner

About the Speaker:

Jacki Gethner

LMT



Jacki Gethner, bodywork and massage therapist with over 30 years of experience, is a professional trainer and educator dedicated to sharing practical skills. She has shared collaborations with nonprofits, government agencies, and other health educators as a certified alcohol and drug counselor (CADC1) from 1998-2019. In 2009, Jacki Gethner was awarded the National Kaiser Permanente Diversity Award for her work in the HIV/AIDS arena, with which she began her nonprofit, Women of a Certain Age (WOACA).

Essential Oils That Can Be Used to Support Recovery

- Counter Depression:
 - Bergamot, Chamomile, Geranium, Lavender, Patchouli, Rose, Sandalwood and Ylang Ylang.
- Raise Spirits:
 - Clary Sage and Jasmine.
- Ease Nervous Tension:
 - Rose, Basil, Marjoram, Neroli, and Tangerine.
- Diminish Irritability:
 - Chamomile, Cypress, Lavender and Thyme.
- Insomnia:
 - Chamomile, Marjoram, Rose and Ylang Ylang.
- Confidence:
 - Ginger and Jasmine
- Immune system:
 - Chamomile, Lemon, Thyme



Jacki Gethner

- jackigethner.com
- jackigethner@gmail.com
- LMT#3915 Oregon

QUESTIONS?

THANK YOU

