

Naturalist, and herbal educator, Ms. Rancourt assists participants in establishing relationship with nature. Whether using survival skills, or natural observation, Ms. Rancourt draws from her family practices, and Native American heritage while walking, hiking, kayaking etc. Employing storytelling skills, Ms. Rancourt offers information about PTSD, Cortisol responses, T.B.I., and more connecting knowledge with nature and the participant. Being an informed person supports our healing and to become a more whole person. Being in Nature blends several art making modalities, and culture specific reintegration practices for survivors of trauma and stress events.