



Offerings from the Heart for the Whole
Michelle Marie Kilcoyne, LCSW, CMP

SomatoEmotional Integration after Birthing *Gentle Bodywork for Postpartum Mothers*

Bringing a baby into the world is life-changing and can leave lasting imprints on the body and nervous system.

Even when everything seems “fine,” you may still feel anxious, disconnected, tense, emotionally raw or have physical symptoms that are asking for attention. Long labors, interventions, emergency deliveries, or emotional overwhelm can create even more impetus for support.

Craniosacral Therapy & NeuroAffective Touch

These gentle, hands-on therapies help your bodymind *process, complete, and integrate* what it's been through – mentally, physically, emotionally and spiritually.

Together, they support:

- Releasing stored tension and pain in the body
- Regulating the nervous system (out of fight/flight and into rest/digest)
- Completing protective responses (like freeze or collapse)
- Metabolizing intense or overwhelming emotions
- Reconnecting with your body, baby, and present-moment safety

You Don't Need to “Talk It All Out”

Your story is fully welcome, but not necessary if you'd rather not tell it. Healing can happen quietly, through attuned touch and presence. This work honors your pace, your body, and your nervous system.

You are not alone. You are welcome here.

Postpartum healing doesn't follow a straight line. Whether it's weeks, months or even years after birth, this gentle support helps you feel more whole, more grounded, and more connected - to yourself, your baby, your family, and life.

Call or email for a free 15-minute consult. Sessions are for mothers only (I currently refer out for infant/baby craniosacral therapy). During your consult, we can discuss whether it would be best for you to come in alone or whether having baby with you for the session would be appropriate/helpful.

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