

EVERYDAY WE ARE TOUCHED
BY THE PUSHES AND PULLS OF
OUR LIVES. RELATIONSHIPS AND
WORK CAN BE SO FULFILLING
AND YET ALSO BE A SOURCE OF
FRUSTRATION, HURT AND ANGER.

To bring the healing we yearn for into our lives we need to begin by being compassionate with ourselves. The difficulties that painfully touch our lives can offer us an invaluable opportunity to break free of the old but unhelpful patterns of our lives.

Most of us respond to difficulties in a way that is painfully self-critical. Yet our healing comes through being able to meet ourselves in a deeply caring and compassionate way.

Many people honestly don't know how to be compassionate with themselves. They may be so with others yet when it comes to themselves find that they are painfully excluded from their own hearts.

Healing is primarily the work of our hearts rather than that of our minds. It is our hearts that provide the gateway to our healing and to our peace of mind.

F. MICHAEL MONTGOMERY, LCSW, MFT
1209 COLLEGE AVENUE
SANTA ROSA, CA 95404
WWWINNER-HEALING.COM
(707) 578-9385

F. MICHAEL MONTGOMERY
LCSW, MFT



*Therapy for the heart, mind, body
and spirit in a safe and healing setting*

My work is directed toward the support and promotion of growth and healing whether you come as an individual, couple or family.

My goal is to support people in their healing through the compassionate and courageous work of their hearts.

1209 College Avenue
Santa Rosa, CA 95404
www.inner-healing.com
(707) 578-9385

MY EXPERIENCE, WITH OVER 30 YEARS OF PRACTICE, IS THAT WE ARE ALL CAPABLE OF HEALING BY CONNECTING WITH THE HEALING ENERGY THAT RESIDES WITHIN EACH AND EVERY ONE OF US.



My work is to provide guidance and direction when all the doors seem closed, and when you are feeling just too stuck, anxious, hurt or angry to be able to move on with your life.

My aim is to help each person to discover and connect with their own “body memory” and “body wisdom” in doing this work.

I see the changes that take place when people connect with their inner voice which guides them in recognizing their own truth and steers them in discovering their own wisdom.

I support the growth and healing that take place when people come to know the story about who they truly are and when as individuals, couples or families they are able to deeply share and listen to each others' stories.

ISSUES THAT ARE OFTEN ADDRESSED ARE:

- grief, loss and change
- anxiety
- depression
- stress
- communication
- conflict
- deepening relationships
- trauma

My focus in therapy is to support all of who you are: heart, mind, body and spirit.

FOR MORE INFORMATION ABOUT THE WORK I DO, PLEASE VISIT MY WEBSITE AT:

WWW.INNER-HEALING.COM

You may also reach me at my office at:

1209 College Avenue
Santa Rosa, CA 95404
(707) 578-9385
(707) 578-9271 fax

