



Sandra Marnell has worked in the Behavioral Health Field for more than 25 years as a Chemical Dependency Nurse, Alcoholism and Substance Abuse Counselor, Certified Healing Touch Practitioner. She has provided CCAR RCA Trainings and trained RCA Trainers since 2009.

Sandra knows the importance of addressing the interconnectedness of body, mind, emotion, and spirit in recovery from both addiction and mental health problems. She integrates complementary/alternative modalities into her private practice and teaches self-care techniques, to help balance the entire energy field