

• ALISON CROSTHWAIT •

HOW ALISON CROSTHWAIT HELPED
KIM **PROCESS THE TRAUMA** OF HER
BATTLE WITH BREAST CANCER, **RELEASE**
LONG-HELD LIMITING PATTERNS, AND
GAIN A GREATER UNDERSTANDING
AND APPRECIATION OF HERSELF

"I have a much greater understanding of who I am, how strong I am, and what I can handle. Because of my work with Alison, I've realized that I'm a survivor, not a victim. I now totally believe that there's nothing in life that I cannot face."

—Kim

When Kim began working with Alison Crosthwait, she'd been through a year and half of incredibly difficult life events.

She'd been diagnosed with breast cancer in 2019 and had four surgeries over the course of eight months. She'd been made redundant at her job before her final surgery, and had also been diagnosed with PTSD and depression.

While Kim's cancer had gone into remission, her physical and emotional pain remained intense, and she

knew she needed to do something to heal her body and process the trauma she'd been through.

"I knew something wasn't right," Kim said. "I didn't feel like myself and I was carrying around so much trauma from my cancer and surgeries. I knew that if I didn't address it now it wasn't going away and it would only get harder. I didn't want to be carrying that pain around forever."

Kim said she had gone to therapy in the past and while it had been helpful,

she knew she needed something different to move past this acute health trauma.

She noticed a social media post of Alison's and was intrigued by her work as a transformational guide, so she reached out.

"I've known Alison since 2008 when we became work colleagues," Kim said. **"I knew Ali was a badass and had taken such a huge risk leaving her corporate life** to become a psychotherapist and now a guide.

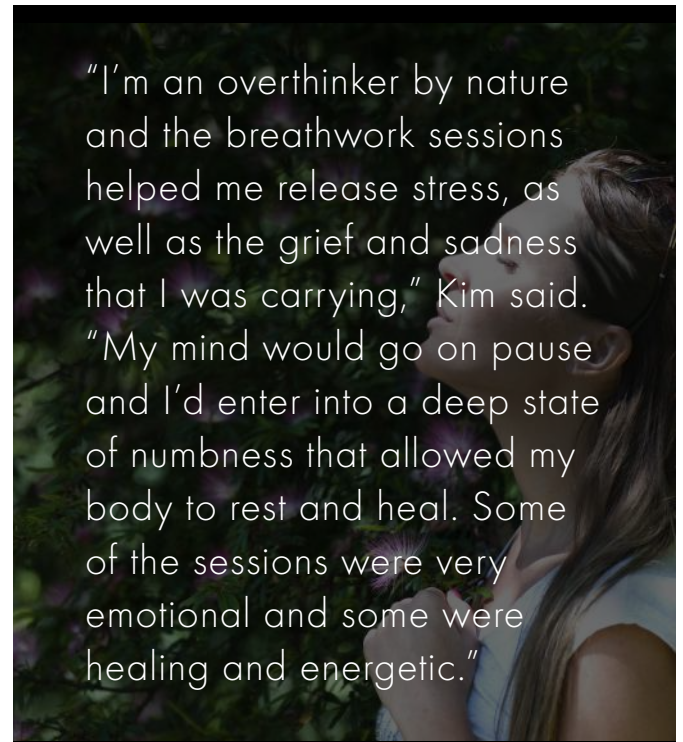
"I trust and respect Ali, and I knew if there was anyone who was going to make a dent in my issues it was going to be her."

So, Kim signed up for Alison's one-on-one work, and Alison then got busy designing a customized program that would help Kim heal and transform through her trauma.

The program consisted of five components — breathwork; plant medicine; Chinese herbs and acupuncture; body alignment; and one-on-one sessions with Alison — all conducted

either virtually or in-person by different practitioners that Alison has hand-picked.

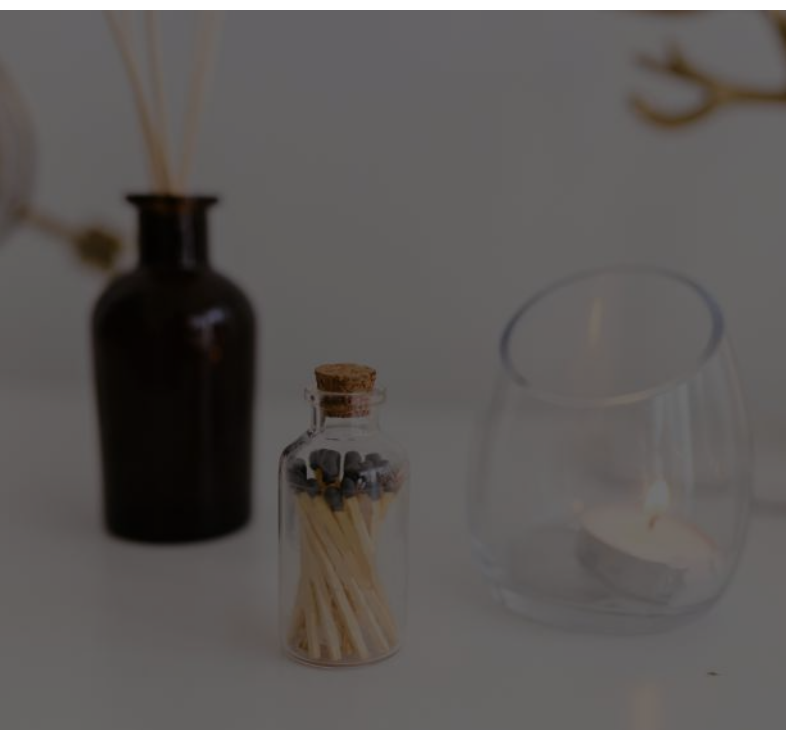
Kim said that despite being slightly skeptical and unsure of what to expect, **she was quickly blown away by her experiences** with each program component, starting with the breathwork.



"Breathwork became such a peaceful time for me. If someone said to me, 'Do you want a facial or do you want breathwork?' I would choose breathwork."

The second part of Kim's program was plant medicine, which consisted of a 4-hour mushroom ceremony that Alison guided her through in-person.

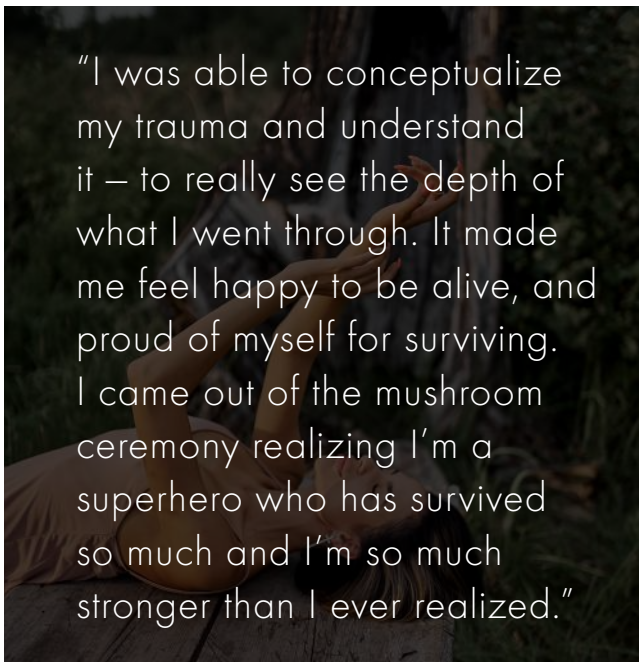
Kim began by setting an intention for the ceremony, then drinking tea with a dose of psychedelic mushrooms in it. As she began to experience the effects of the



mushrooms and various thoughts and feelings started to arise, **Alison led her through the process by asking guiding questions.**

Kim said the experience was intense, profound, and transformational.

“The intention I set was to release the trauma from my cancer that I had been carrying, and once the mushrooms began to take effect, it was like watching my trauma on a movie reel, live,” Kim said. “I saw so many things I’d forgotten about or hadn’t been able to deal with previously, including things I’d taken on throughout my life before the cancer that had been unknowingly impacting me.



“I was able to conceptualize my trauma and understand it – to really see the depth of what I went through. It made me feel happy to be alive, and proud of myself for surviving. I came out of the mushroom ceremony realizing I’m a superhero who has survived so much and I’m so much stronger than I ever realized.”

The next two components of the program — Chinese herbs and acupuncture as well as body alignment — were **designed to address the physical pain that Kim had endured because of her four surgeries which, in total, had lasted approximately 35 hours.**

The goal of the body alignment sessions was to create more harmony and flow in Kim’s body,

since she physically had become so tense and cramped post-surgeries. The acupuncture sessions — which spanned eight months overall — were designed to ease her pain.

Kim said she was amazed when she felt a significant difference after the first acupuncture session.

“I’d been living with pretty much constant pain and I was just resigned to feeling it forever,” Kim said. “But the acupuncturist [named Richard] knew exactly how to insert the needles and reduced my pain immediately by 30 to 40 percent on my first visit.

“We got rid of quite a bit more in the early stages, and the rest just took time. **Richard was very thoughtful and kind, and I realized that**



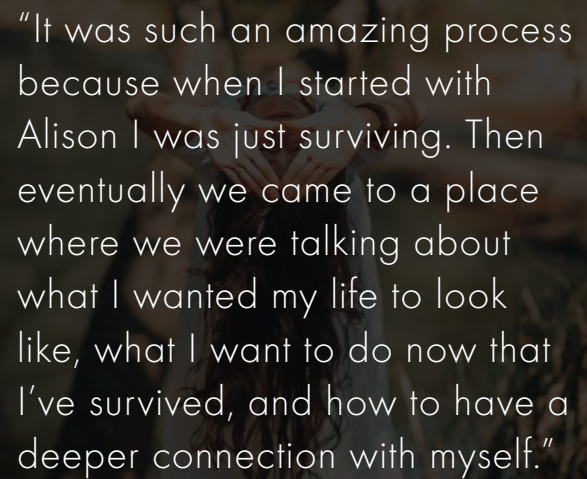
physical healing can't be rushed. After each of my surgeries I pushed myself beyond what I could handle, but now I know I need to respect my body. For the first time since my diagnosis in 2019 I feel as strong as I did pre-cancer. I was recently hiking and did 12,000 steps. One year ago I was doing 3,000 steps in an entire week."

The final component of Kim's program was her one-on-one sessions with Alison. In each session, they talked through and processed the thoughts, insights, and revelations that had come up for Kim in the other parts of the program.

Kim said these sessions were productive and illuminating, and helped to address the additional issues that had been impacting her life beyond just the battle with cancer, the surgeries, and the PTSD and depression.

"We talked about many of the patterns that were revealed to me in the mushroom ceremony that preceded the cancer trauma," Kim said. "Things like family dynamics and following a path to a corporate job that I didn't

really love. **We explored how I ended up where I was, then shifted to focusing on how I want to measure success, what my true happiness is and what really speaks to my soul.**



"It was such an amazing process because when I started with Alison I was just surviving. Then eventually we came to a place where we were talking about what I wanted my life to look like, what I want to do now that I've survived, and how to have a deeper connection with myself."

Kim said that the most transformational result she's experienced through her work with Alison and the other practitioners is how **she's come to understand and appreciate herself in an entirely new way.**

"I have a much greater understanding of who I am as a human being, how strong I am, and what I can handle. **I've realized that I'm a survivor — not a victim.** Now I believe that there's nothing I can't do."

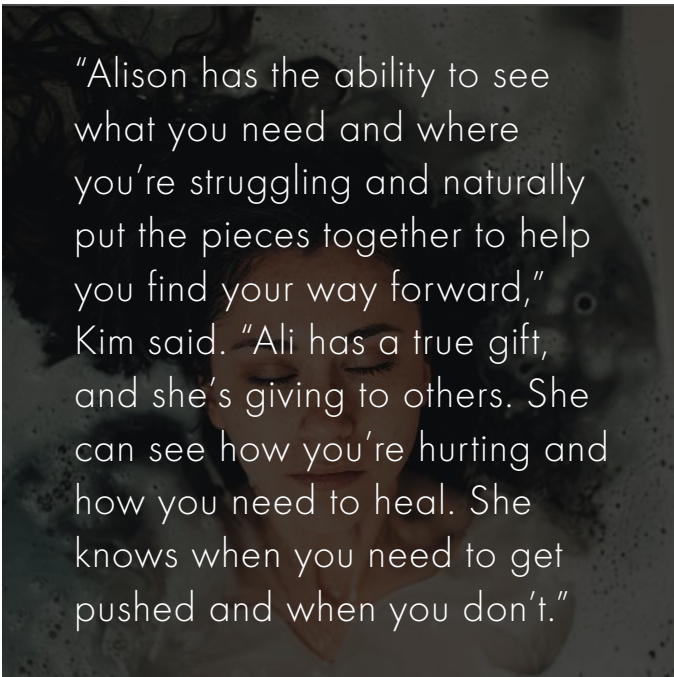
This new belief has pushed Kim to take some bold actions in her life. She is moving across the country to have easier access to the outdoors and the activities that bring her the most joy, including skiing, mountain biking, and hiking.

Kim said that, because of her program with Alison, she thinks about change and taking risks differently, and no longer views them as scary.



"I want to explore and I want to make life exactly what I want it to be," Kim said. **"This program and working with Alison has made me realize that change isn't scary.** If it works it works, and if I fail I fail. Life will go on. This has made me realize what my soul really wants and it's time to remove the what ifs and just try things."

Kim said that anyone who is eager for a breakthrough in their life can benefit from working with Alison, and that her gifts are extraordinary.



"Alison creates programs that will get you where you need to be. That's what she's done for me and it's been incredibly effective."



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THE EMPOWER
PROGRAM GO TO
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