

## ABOUT ME

With over nine years' experience in somatic therapy, bodywork and holistic practice, I integrate psychological and body-based approaches, including therapeutic coaching, TRE®, NLP, IEMT and mindful self-inquiry.

I am undertaking Master's-level training in Psychotherapy and Psychotherapeutic Counselling at the Northern Guild for Psychotherapy (October 2026–July 2030).

My particular interests include attachment, unconscious and relational patterns, emotional wellbeing and nervous-system regulation.

## CONTACT


0770 9841948

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www.essentiaholistichealth.co.uk

Castle Green, Shotton Colliery,
Durham, DH6 2LB


## AREAS OF PRACTICE

- Integrative Somatic Therapy
- Therapeutic Bodywork
- TRE® & Nervous-System Regulation
- Therapeutic Coaching & Self-Inquiry
- Trauma-Informed Practice
- NLP & IEMT
- Holistic Therapies
- Yogic Philosophy & Spiritual Practice

# Tracey FUSCO

**INTEGRATIVE SOMATIC THERAPIST**
**THERAPEUTIC COACH**
**IPHM ACCREDITED TRAINING PROVIDER**

## PROFESSIONAL EXPERIENCE

### FOUNDER & INTEGRATIVE SOMATIC THERAPIST
**Essentia Holistic Health Ltd | 2017-present**

Providing one-to-one somatic and body-based therapeutic support through an integrative approach drawing on TRE®, therapeutic bodywork, mindful self-inquiry and trauma-informed practices.

My work supports greater body awareness, self-understanding and connection, with particular attention to nervous-system regulation, emotional processing, protective patterns and the relationship between mind and body.

### INTEGRATIVE THERAPEUTIC COACHING
**Essentia Holistic Health Ltd | 2017-present**

Supporting clients to explore unconscious beliefs, attachment and relational patterns, emotional responses and protective behaviours through an integrative approach incorporating NLP, IEMT, mindful self-inquiry, reflective inquiry and somatic awareness.

My work draws on psychological and body-based approaches to deepen self-understanding, recognise the influence of past experiences and unconscious patterns, and develop greater emotional awareness and more conscious ways of relating to themselves and others.

### ACCREDITED TRAINING PROVIDER
**Essentia Holistic Health Ltd | 2017-present**

IPHM Accredited Training Provider delivering professional training in holistic therapies. Drawing on my background in education and therapeutic practice, I support students to develop practical competence, confidence, professional awareness and high standards of client care.

**Accredited courses include:**
Swedish Body Massage • Indian Head Massage • Ayurvedic Body Massage • Reflexology • Holistic Facials • Reiki Level 1 & 2 • Reiki Master-Teacher

### TEACHER
**West Cornforth School | 2010–2017**

KS1 educator, including responsibility as Phonics Lead. This developed strong foundations in teaching and facilitation, communication, leadership, safeguarding, relationship-building and supporting individual learning needs.

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## EDUCATION & CURRENT STUDIES

**PSYCHOTHERAPY & PSYCHOTHERAPEUTIC COUNSELLING**
Northern Guild for Psychotherapy | October 2026-July 2030 (expected)

**NCFE CACHE LEVEL 3 DIPLOMA IN COUNSELLING SKILLS**
East Durham College | 2025

**BA (HONS) EDUCATION WITH QTS, 2:1**
University of Sunderland | 2009

**NCFE CACHE LEVEL 2 CERTIFICATE IN COUNSELLING SKILLS**
East Durham College | 2025

## PROFESSIONAL MEMBERSHIPS & AFFILIATIONS

**BRITISH ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY (BACP)**
Student Member

**NORTHERN GUILD FOR PSYCHOTHERAPY**
Student Member

**INTERNATIONAL PRACTITIONERS OF HOLISTIC MEDICINE (IPHM)**
Accredited Training Provider

**TRE FOR ALL**
Approved TRE® Practitioner | Practitioner Directory

## SOMATIC & THERAPEUTIC TRAINING

**TRE® TENSION & TRAUMA RELEASE**
TRE Global | October 2026

**SHAMAN'S PATH: POWER RETRIEVAL**
Lendrick Lodge | August 2026

**INTEGRAL ENNEAGRAM & SHADOW WORK PRACTITIONER**
IEA | December 2025

**IEMT & ADVANCED IEMT**
The IEMT Training Organisation | July 2025

**EMOTIONAL DETOX & SOMATIC TRAUMA RELEASE**
Tantric Journey School of Healing & Awakening | August 2024

**BREATHWORK FUNDAMENTALS & ADVANCED BREATHWORK FUNDAMENTALS**
Dan Brulé | 2026

**NLP PRACTITIONER**
INLPTA | March 2026

**INTEGRAL MINDFUL SELF-INQUIRY (IMSI) & ADVANCED SELF-INQUIRY & SPIRITUALITY**
IEA | October 2025

## BODYWORK & HOLISTIC THERAPIES

**MANUAL LYMPHATIC DRAINAGE (MLD)**
Guru Holistic Training | November 2024

**AYURVEDIC BODY MASSAGE**
AyurTouch, Goa | January 2019

**VTCT LEVEL 4 SPORTS MASSAGE THERAPY**
Middlesbrough College | July 2018

**VTCT LEVEL 3 DIPLOMA IN MASSAGE THERAPY**
East Durham College | July 2011

**ITEC REFLEXOLOGY**
NHS Natural School of Health | September 2019

**OSTEOPATHIC SPINAL MANIPULATION**
OMT Training | September 2018

**DRY CUPPING THERAPY**
Jong Baik Education | February 2017

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## YOGA, MINDFULNESS & SPIRITUAL PHILOSOPHY

**200-HOUR YOGA TEACHER TRAINING**
Kashish Yoga, Goa | October 2020

**KUNDALINI YOGA TEACHER TRAINING LEVEL 1**
IK Saran Dhian International School of Sacred Living | September 2020

**GONG YOGA & SOUND HEALING**
Mehtab Benton, USA | June 2019

**REIKI LEVELS 1 & 2**
Enid Huntington | September 2018

**REIKI MASTER-TEACHER**
Susan Smalley | September 2019

## SACRED SEXUALITY, TANTRA & CONSCIOUS RELATIONSHIPS

**AWAKENING IN RELATIONSHIP: CONSCIOUS LOVING & CONNECTION**
IEA| 2021

**SEXUALITY & THE NERVOUS SYSTEM**
Kimberly Ann Johnson | November 2022

**TANTRIC EDUCATOR**
Tantric Journey School of Healing & Awakening | August 2024

**OBLISS VITA**
Layla Martin | 2024

**LOVE, SEX & RELATIONSHIPS**
Kate Lambert | 2021

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