

Meet Karie Klim, LMFT, CBS

182 FARMERS LANE, SUITE 204
707-888-0106 | WWW.KARIEKLIM.COM

For as long as Karie Klim can remember, she has been passionate about helping people and planned to become an elementary school teacher. However, while studying for her master's in reading education in 1986, some unusual health problems that had started the previous year — including chronic fatigue among many other symptoms — worsened. This slowed her studies and forced Karie to spend an entire year pursuing answers to what her doctors determined was just “stress.” Out of survival, Karie became her own self-care advocate and managed to adjust to her new reality and earned her master's in reading education in 1989.

She went back to school to buy time to increase health stability from 1990–92, earning a double A.A. in graphic and computer graphic arts. Then, she was able to begin her career serving children as a K–8 elementary school teacher in Marion, IN and then for grades 1–4 in Spokane, WA.

In Spokane, Karie became friends with a couple from church. It turned out that the husband and Karie grew up in in the same Pacific Northwestern town and, his brother had been in fourth grade with Karie and was her secret crush! Karie had never forgotten her first impressions of James, though it had been 27 years since they had seen or been in touch with each other.

James was a dentist in Santa Rosa and the next time he visited his brother in Spokane, he and Karie re-connected and hit it off immediately. That was



November 1995. They had their first official date that January and married in July 1996 and Karie moved to Santa Rosa.

Karie was still managing her mystery illness, so instead of going back to a demanding teaching job, she learned the dental environment and managed James' dental office for 11 years. She especially liked working with his patients. Still looking for ways to manage her illness, she continued studying psychology to gain greater insight into her health and herself. An exceptional experience for Karie was participating in the 40-week Journey Program developed by Ron and Nancy Rockey, clinical psychologist educators and friends. For five years before Karie began her MFT training, she and James offered small group experiences for individuals using the Rockey's programs. These encounters were pivotal experiences and helped frame the foundation for her current practice.

Following the loss of two pregnancies in the early 2000s, Karie and James sought counseling to deal with their grief. It was through that experience that Karie was prompted to begin studying for her master's in psychology so that she could help others in a more definitive way. Then, finally, in 2009, 23 years



Monitoring biofeedback results

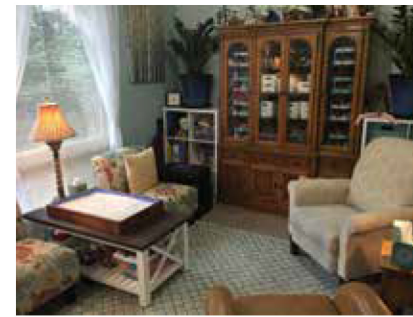
after her initial symptoms appeared, Karie's “mystery” illness was diagnosed — Lyme Disease and Celiac Disease.

In 2011, while studying for her master's in Psychology, Karie continued to explore ways to heal herself and was introduced to microfrequency biofeedback. Her energy shift was so significant after that one session, she purchased the machine — a significant investment! She learned how to use it and supported the health needs of herself and James.

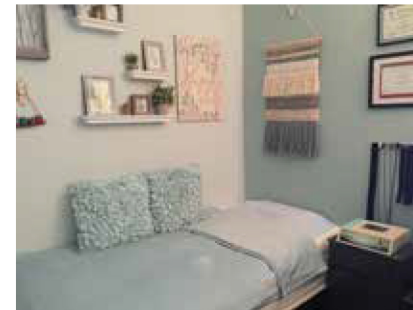
She realized that this mode of biofeedback could assist people with a variety of issues and began the process of working with clients in 2016. After 500 hours of supervised client support, Karie became a certified biofeedback specialist. All the while, she continued her master's in psychology, advanced through her internships, and opened the doors of her own private practice as a licensed marriage and family therapist (MFC 101425) in 2017. She now sees clients for both traditional psychotherapy and biofeedback at her lovely office near the Flamingo Hotel.

What Karie loves most about helping her clients is being able to combine all of her experiences, including her own illness, to help them get where they want to go in their lives. She loves that she can offer two modalities of support — psychotherapy and/or biofeedback.

In Karie's therapy practice she focuses on individual adults and helps with a range of



Karie's Office



Biofeedback area

emotional and mental health symptoms including stress, anxiety, depression, ADD, PTSD, parenting issues, relationship issues, personal development, or grief. She particularly likes helping people who are struggling with chronic illnesses. Another certification that often amplifies therapeutic work is Myers-Briggs Temperament Inventory or understanding yourself from the viewpoint of temperament.

In her biofeedback practice, Karie uses the FDA-approved biofeedback device, L.I.F.E. System, which measures your body's physical, mental and emotional energy status and helps balance your energy to reduce overall stress. The initial session takes approximately two hours with ideally once/week follow-up sessions for four to six weeks to significantly bring stress levels down. Karie and her clients work together to create a customized Maintenance plan to keep optimal health.

Biofeedback can help with: Allergy, anxiety and depression, Asthma, Autism/ADD/ADHD, chronic pain, Diabetes, digestive disorders, drug addiction,



James & Karie Klim

Hypertension, Insomnia, migraine headaches, PTSD, and sports injuries, and more. This biofeedback system not only helps to balance symptoms but is also a way to build insight into possible reasons why the symptoms are there in the first place. Although neither the L.I.F.E. System nor Karie can diagnose, the process can build insight into possible reasons the symptoms may be occurring and may identify areas where medical testing or further medical exploration may be helpful. You can learn more about the system at www.Life-Het.com.

There are many times in life where a trained professional can help guide us back on track, or if necessary, help us find a new track! Stress can manifest a host of ailments and physical ailments can increase our stress. But there is confidential help available!

If you are interested in learning more about biofeedback or psychotherapy, Karie would be glad to schedule a complimentary 20-minute consultation with you. Scheduling is most easily done through her online system at KarieKlim.com/online-booking. Or, feel free to call Karie at 707-888-0106.