



## Keachia M. Bowers

MSW, RCSWI

Therapist, Speaker, Radio Personality, Writer, Consultant, Teacher, Philanthropist, Dancer, Reiki Practitioner, Spanish Bi-Lingual

## Passionate, Genuine, Engaging, Entertaining

Keachia Makeba Bowers is a Registered Clinical Social Work Intern and founder of Movements for Change, LLC where she provides therapeutic services that facilitate emotional growth and transformation. Keachia promotes heart-centered healing and radical self-love as the foundation of her work in the South Florida Community. The hallmark of Keachia's practice is her ability to educate community members about mental health challenges and solutions within marginalized populations. Keachia's own story of transformation and healing creates a sense of trust and transparency among her clients. Her passion for healing is based on the reality that we should not heal in isolation; a non-judgmental, listening ear, filled with compassion, is what we need.

Keachia's community efforts have resulted in services to over 500 children and families within Dade and Broward County. She's worked with organizations such as Alonzo and Tracy Mourning's, Honey Shine, Inc., Old Dillard Museum, Broward County libraries, The Department of Juvenile Justice, YWCA of Dade County, YMCA of Broward County, The Fort Lauderdale Community Center and Broward College, among others. Frequently featured on television and radio broadcasts, Keachia's portfolio includes appearances on South Florida's Hot 105.1 FM, The Jill Tracy Show; WZPP 103.9 FM, Juszmusic internet radio and others.

Keachia's professional mission is to promote the growth, education and personal development of humanity through mediums of creative therapy, workshop facilitation, cultural preservation, individual/group therapy and community development. Keachia believes in self-empowerment and uses this as her driving force behind her philanthropic tours of Africa and Jamaica with Akoma Healing Arts.

### Cultural Diversity Training



- ◆ Get the perspective and tools to see beyond stereotypes and bias to create and sustain an environment that supports high productivity and culturally competent sensitivity while celebrating differences.

### Personal Growth



- ◆ Specialty in healing self-love deficiency, recovering from childhood trauma and codependency or the need to be needed.
- ◆ Trauma healing amongst oppressed groups and people of color, post slavery trauma, epigenetics and teaching people how to recreate a new understanding of self filled with compassion, self love, self sufficiency, wellness and all things prosperous!

### Therapy Sessions



- ◆ Workshop facilitation, group therapy sessions, individual and family therapy, addressing issues such as personal development, self-empowerment, women's empowerment, college preparatory, nutrition and wellness.
- ◆ Promotion of energy healing as a level 2 Reiki practitioner.

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- I have had the pleasure of working with Ms. Bowers for one year, watching her transform lives of students and teachers with her immense levels of positivity, knowledge, empathy, and inspiration. She is passionate about finding creative ways to get people to reach their full mental and physical potential and is successful at it!
- She is an asset to people everywhere.

Principal Brian G. Kingsley  
Gulfstream Middle School

- I want to thank you for heightening my awareness. I am choosing to vibrate at a higher frequency to dissolve my subconscious beliefs so I can align them with my conscious ones and the life I want to create.
- I am so happy to have been given your business card 2 years ago.

Manessa Lazare