

MCAFEE HOLISTIC SERVICES

Mind-body healing through the use of modern science and ancient wisdom. Bridging the gap in healthcare!

MHS est 2016

MHS LLC is the sole enterprise of Kathleen McAfee, Occupational Therapist (OTR/L). Therefore, payment is private pay, with cash, check or credit card accepted. Payment at end of treatment session is requested and there is a processing fee if payment not received at time of visit. Expansion in order to integrate acceptance of insurance as appropriate will be welcome in the future but is not available at this time.

2017 MHS Goals

I have already had the opportunity to volunteer my time with Basalt High School seniors, teaching meditation strategies to cope with stress and optimize performance in school, sports and life. I will continue to volunteer my time to bring meditation practice and awareness into the schools of our community. Another goal is also progressing, pairing with local spas and gyms in order to start teaching group classes for mind-body healing. Stay tuned!

The Fascia System

Modern medicine has paid little attention to our fascia system. The microscopic nature of fascia is one reason that it may be considered "the forgotten system" in medicine. The advent of the electron microscope revealed the integral structure and nature of the fascia system, which is composed of microtubules filled with a crystal fluid. This system can only be observed in a living being, as the crystal fluid no longer flows after death. In studying cadavers (corpses) historically, it is a common misconception that fascia is a thick, sticky layer between muscle groups, as this is what was observed during dissection. In a living being, every cell, every tissue, and every organ in our body relies upon and is illuminated by the life giving crystal fluid flowing through the fascia system. When we endure physical or emotional trauma, the fluid in the fascia system may slow down its flow or stop flowing completely and harden. John Barnes, PT, is considered the guru of myofascial release and he explains, "Fascia is a specialized system of the body that has an appearance similar to a spider's web or a sweater. Fascia is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein, as well as, all of our internal organs including the heart, lungs, brain and spinal cord. The most interesting aspect of the fascial system is that it is not just a system of separate coverings. It is actually one continuous structure that exists from head to toe without interruption. In this way you can begin to see that each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater. Trauma, inflammatory responses, and/or surgical procedures create Myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in many of the standard tests (x-rays, myelograms, CAT scans, electromyography, etc.) A high percentage of people suffering with pain and/or lack of motion may be having fascial problems, but are not diagnosed."

About me...

I was born Kathleen Hardy in Louisville, Kentucky, where I received my primary and high school education. In 2003, I received an athletic and academic scholarship to Xavier University in Cincinnati, Ohio and played on the women's golf team 2003-2007. I graduated college as a valedictorian nominee and then attained my Masters Degree at Xavier University in 2008. Beginning in 2009, I worked for both The Christ Hospital (adult and geriatric hospital) as well as Cincinnati Children's Hospital Medical Center. While in Ohio, I completed stroke rehabilitation research with University of Cincinnati, and Pediatric Bone Marrow Transplant research with Cincinnati Children's Hospital. A position as a traveling occupational therapist led me to the west coast before moving to the Roaring Fork Valley in 2014. I started work for Home Care and Hospice of the Valley in 2014 and remain on staff as needed. I also work part time for Early Intervention services through Mountain Valley Developmental Services. I established my private practice, MHS LLC in June of 2016. I maintain state and national licensure as an Occupational Therapist, which requires continuing education to remain current on evidence based practice and research. In addition, I have studied under John Barnes, PT, the guru of Myofascial Release (MFR), and Anat Baniel, the protege of Feldenkrais and pioneer of the Anat Baniel Method (ABM). I will continue to study, investigate and innovate to bring my clients the most effective holistic interventions.

Holistic Approach

After 7 years working in western medicine, I have a strong traditional skill set including neuro-rehabilitation, orthopedics, pediatrics, geriatrics, habit re-training and cognitive therapies. I have worked with clients across the lifespan, from time spent in the Neonatal Intensive Care Unit (NICU) working with premature babies, to time spent in hospice care for clients at end of life. I created MHS LLC in order to integrate the western and holistic philosophies for people of all ages. My approach will aim to re-open any fascial restrictions in your body, as well as optimize your brain function. My clients achieve optimal health and wellness through an individualized plan that includes the safe and skilled use of Myofascial release (MFR), craniosacral therapy (CST), Reiki, reflexology, brain mapping, advanced mindfulness and kinesiology taping techniques. The recipe for healing is different for all of us, but fascial release is the cornerstone of my private practice and needs to be a part of everyone's agenda! I am here to collaborate with you, and support a holistic plan of care that will lead you to optimal mind and body wellness.

Mission

MHS strives to be a model for alternative healthcare. In order to achieve this model, MHS will remain responsive to scientific research and provide the highest quality holistic interventions that are safe and effective. MHS will purchase and integrate standardized tools and measures to track outcomes. MHS will support individuals who seek non-invasive interventions to postpone or eradicate the need for drugs/medications and surgeries. MHS will tend to spiritual needs on an individualized basis for mental health. MHS will be an adjunct to traditional medicine, with no intention to replace an individual's primary care or specialty physician. MHS will work toward integration into the primary care office. We must honor each individual as a mind-body complex that deserves customized, holistic and effective care.