

Lani Kent is trained in Story Informed Trauma Therapy and is a Therapeutic Arts Facilitator, Trauma Recovery Advocate, Speaker, Artist, and Writer with a compassionate heart for victims of sexual, physical, emotional, psychological, and spiritual abuse. Lani works, in-person and virtually, with individual clients and recovery groups through expressive arts processes and trauma informed care. She has been working in this capacity for over twelve years under the name "Healing Expressions". Lani shares her Restorative Creativity Sessions, Therapeutic Collage workshops, individual story work sessions, professional consultation, vendor exhibits and healing artwork with survivors, mental health professionals, childhood trauma recovery groups, professional conferences, and churches. She offers her honest and vulnerable expression of the recovery journey in the hopes that others will find the courage to share their own stories and find a voice for the wounded places within.