



FOR IMMEDIATE RELEASE

Expert Ingrid Kincaid Joins Therapy in Transition as Spiritual Health and Wellness Coach

Therapy in Transition (TITO), which recently put together an Expert Panel to expand its services, has brought Ingrid Kincaid on board as the organization's Spiritual Health and Wellness Coach.

Wilsonville, OR – {March 24, 2010} Therapy in Transition is pleased to announce Ingrid Kincaid has joined its Expert Panel team as the Spiritual Health and Wellness Coach.

Kincaid, a traveler and ancient wisdom teacher, is a reader of ancient runes, a storyteller and keeper of the old ways - a real imaginary traveler. As such, Kincaid strongly believes asking questions can open people up to wisdom far beyond what their imagination alone can perceive.

"I was born to teach, and I love to ask questions," says Kincaid. This passion inspired her to explore the connection between ancient, earth-based wisdom and spiritual health and wellness. She educates others about the necessity of developing deeply rooted connections with the cycles and seasons of nature, the rhythms of life on Earth and the use of herbs and sacred plant medicines. Kincaid has lectured and facilitated workshops and seminars in both the United States and abroad over the last 15 years.

Karen Kleinwort, Therapy in Transition's founder, said, "I knew the moment I met Ingrid she was a perfect fit for our expert panel. Her passion for sharing ancient wisdom and commitment to support others in discovering, embracing and aligning themselves with female-honoring spirituality is exactly what we need to support our online members in their personal journeys."

In addition to Kincaid's interest in spiritual health and wellness, she has an extensive background in sales, marketing and small business. Kincaid owns Bringing Back the Wisdom, a company inviting clients to explore creativity, possibility and ancient ways of knowing.

About Therapy in Transition

Therapy in Transition LLC (TITO) facilitates self-activating women and men around the world to embrace their inner wisdom, navigating their way to success! TITO is a unique organization dedicated to meeting their clients exactly where they are; their mission is to coach individuals in rediscovering their purpose in an open and safe environment for transformation.

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