



MOVEMENT AS MEDICINE

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Endorsement letter for:

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Dr. Jill Wener

Coaching and Consulting

Atlanta, GA 30308

I recently had my first tapping session with Dr. Jill Wener, and I was really impressed by both the process and how I felt afterward. She took the time to explain tapping, helped me identify what I wanted to focus on, and created a comfortable space to explore whatever came up. During the session, I recognized a connection between two stressors in my life that had seemed completely unrelated. I could also feel my body responding. Tension released from my chest and stomach, and my breathing became deeper and easier.

The timing was perfect because I had an interview for a consulting position immediately afterward. Everything we had tapped on ended up showing up in the conversation, but instead of feeling overwhelmed or going into my freeze response, those topics felt manageable. I was able to own my knowledge, speak confidently about what I could contribute, and advocate for the compensation I deserved. It was exciting to experience such a noticeable shift right away.

As someone who studies and works with the nervous system and loves learning about different approaches to nervous system regulation, I really appreciated how enriching the experience was. Dr. Wener made it easy to work through difficult emotions without the process feeling forced or uncomfortable, and I left with new insights about myself that I want to continue exploring. I highly recommend working with Dr. Wener, especially if you are navigating stress or anxiety that you can feel but have a hard time identifying or understanding. She helped me make deeper connections while keeping the entire experience approachable, grounding, and meaningful.

Andrea Pack

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