

You should not have to explain the job to the person helping you carry it.

Support for the People Who Carry the Weight.

Trauma-informed therapy for first responders, families, and trauma survivors, rooted in safety, empathy, and lasting wellness.



Shea works with clients who are ready to:



Recover from critical incidents and toxic stress



Heal from complex and long-standing trauma



Reconnect with family and the people who matter



Find steadiness after a career of high-acuity work



Build a sustainable, lasting sense of wellness

Shea Marie Phinney, LMFT

LICENSED MARRIAGE & FAMILY THERAPIST · FOUNDER

License 50023

Shea Marie Phinney helps first responders, families, and trauma survivors heal from toxic stress, complex trauma, and critical incidents. With over 20 years of experience, she brings a trauma-informed, compassionate, and holistic approach rooted in safety, empathy, and lasting wellness.



Where Resilience Meets Rhythm

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cadencetraumawellness.com

CALL OR TEXT
916-235-0889

TAKE THE NEXT STEP
We're here when you're ready.

Real support. Real connection. Real change. *We are in this with you.*