



Dr. Allison Davis

**Holistic Mental Health
EcoTherapist for Mothers**
Founder, Rewild Mothering

BIOGRAPHY

As a mother and a mental health counselor, Allison Davis, specializes in supporting mothers during “matrescence”, the developmental transitions of motherhood. Her Rewild Mothering approach to maternal mental wellness, grounded in the natural world, weaves together modern research and ancient wisdom to help mothers root into who they are and who they are becoming. Throughout the perinatal period and beyond, Allison helps mothers grow into the mother they envision for themselves, their family, and our planet.

INTERVIEW TOPICS

- Matrescence: mothers’ rite of passage
- Nature therapy for maternal mental wellness
- The six wild initiations of Rewild Mothering
- Reclaiming the motherline: mothering lore and wisdom
- Rewilding mental health with ecofeminist therapy
- Eco-grief and eco-anxiety treatment in mothers
- Nature therapy for postpartum anxiety

CONTACT

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