Influential Women Spotlights Karen Peters Bowden, LICSW: Founder Of E3 Counseling & Wellness



CRANSTON, RI, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- Bringing Nearly Three Decades of Mental Health and Personal Growth Experience to TraumaRecovery, Emotional Well-Being, Embodiment, and Self-Connection

Karen Peters Bowden, LICSW, is a Licensed Independent Clinical Social Worker in the State of Rhode Island, Certified Antojai® Shaman, and Founder of E3 Counseling & Wellness, a mental health and wellness practice based in Rhode Island. With nearly three decades of experience in mental health and personal growth, including 20 years in private practice, Karen has supported individuals and families navigating trauma, addiction, grief, emotional exhaustion, and major life transitions.

Before entering private practice, Karen worked in nonprofit organizations and child welfare systems and held leadership roles overseeing permanency and specialized foster care programs. This foundation shaped her understanding of trauma, attachment, resilience, relationships, and the complex ways people adapt to difficult experiences.

Today, her approach integrates clinically informed services with nervous system regulation, embodiment practices, energetic awareness, and self-connection. Rather than focusing only on symptoms, Karen helps people explore the patterns beneath overwhelm, disconnection, unresolved grief, and emotional depletion.

Central to her philosophy is the belief that healing involves not only recovery, but remembering.

Returning to parts of ourselves that may have become difficult to access through trauma, loss, survival, or life experience. Through clinical practice, speaking, workshops, and retreats, she creates spaces for people to deepen their relationship with themselves and discover more sustainable ways of moving through life.

Karen's perspective has also been shaped by her own experiences with trauma, emotional struggles, addiction, and personal health challenges. These experiences taught her that professional knowledge alone does not create depth in this work. The willingness to examine one's own patterns, limitations, and humanity matters as well.

Her exploration of Reiki and nervous system healing began in 2011. In 2022, she was introduced to Antojai® energetic and quantum healing practices, expanding her exploration of consciousness, energy, and human potential. Mentors, teachers, relationships, and life experiences have further challenged her to meet both herself and others with greater curiosity, gratitude, accountability, and openness.

One of the most significant lessons Karen carries from this journey is that change cannot be forced. People cannot be rescued into readiness. Growth becomes possible when there is space for awareness, choice, and a person's own capacity to participate in their process.

This understanding also informs her guidance to young women entering mental health, holistic, and wellness professions. Karen encourages them to honor themselves as deeply as they seek to support others. Healthy boundaries, discernment, and the ability to distinguish helping from rescuing or overextending are essential to sustaining both the practitioner and the work.

Looking more broadly at the field, Karen sees continued fragmentation as both a challenge and an opportunity. Emotional, physical, behavioral, somatic, and energetic approaches are often treated as separate conversations and symptoms, while people experience themselves as whole human beings.Karen believes the growing attention to trauma-informed care, somatic therapies, embodiment, nervous system science, energetic practices, neuroscience, and consciousness studies is creating space for a broader understanding of human well-being and potential. She sees these approaches as distinct, each offering its own perspective and way of understanding the human experience, while also recognizing the ways they can be interconnected.

For Karen, integration does not mean blending every approach together or suggesting that one can replace another. It means remaining curious about how different perspectives may complement one another while respecting their individual roles, boundaries, and applications. The mind, body, nervous system, emotions, lived experience, consciousness, and energy may be approached through different frameworks, yet they are all part of the experience of being human.

She believes the future of mental health and wellness lies in becoming less fragmented without losing the value of these distinctions; creating thoughtful opportunities for different disciplines

and perspectives to inform more compassionate, responsive, and person-centered care.

Integrity, compassion, reconciliation, and human connection remain guiding values throughout her work. She believes those who support others must also remain willing to learn, question themselves, and evolve. That commitment allows professional knowledge to remain grounded in humanity rather than becoming disconnected from it.

Karen is now bringing this perspective to her forthcoming book, The Embodied Grief Guide: A Pocket Companion to Regulate, Reconnect and Rebuild After Loss, along with a companion journal. Created for people navigating grief and its aftermath, the guide will offer accessible support for understanding what loss can ask of the mind, body, and nervous system while providing practical ways to begin finding steadiness again.

The companion journal will offer additional space for reflection and personal exploration, allowing readers to engage with the material at their own pace. Together, the books are intended to meet people where they are. The books are not about prescribing how grief should look, but by offering support as they find their own way through what has changed for them and toward what comes next.

Through E3 Counseling & Wellness and her expanding work as an author, speaker, and practitioner, Karen continues to explore what becomes possible when clinical understanding, embodied experience, and the deeper dimensions of being human are allowed to inform one another.

Learn More about Karen Peters Bowden:

Through her Influential Women profile, https://influentialwomen.com/connect/karen-petersbowden or through her website, https://e3wellbeing.com/

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