Healing Shock & Developmental Trauma A Weekend of Workshops on Increasing Resiliency through Somatic Therapy

Sacramento Friends Meeting House 890 57th St., Sacramento, CA

Fundamentals of Somatic Experiencing: **Healing Trauma & Increasing Resiliency** FRIDAY April 22 - 10 am - 5:30 pm

This day-long, interactive workshop is designed for professionals working with trauma to learn the theory and basic skills of Somatic Experiencing (SE), a revolutionary body-focused method for the resolution and prevention of trauma. Supported by cutting-edge neuroscience, as well as studies into animal behavior. SE offers a model of building resilience to stress in the aftermath experiences such as violence. overwhelming accidents, natural disasters and grief. Focusing on system, SE enhances clients' nervous capacities to fully enjoy a wide spectrum of human experience.

Working with Developmental Trauma: Working with Complex Trauma - Demo Day SATURDAY April 23 - 10 am - 5:30 pm

This day-long experiential workshop will consist of live demonstration sessions. From a framework of an Interpersonal-Somatic approach to working with complex trauma, the sessions will rely mainly on the approaches of Somatic Experiencing (SÉ) and NeuroAffective Relational Model (NARM). This is a special opportunity to observe how these Somatic approaches look in real clinical sessions - including recognizing the challenges and pitfalls we get into in introducing these therapeutic models to new clients, and the tricks to applying a basic Interpersonal-Somatic approach in healing shock & developmental trauma

These educational and experiential workshops are designed to provide relevant theory and skills to:

- Therapists and counselors
- Social workers, agency providers
- Doctors and nurses
- Educators and school staff
- Alternative health professionals
- Coaches
- Parents
- Anyone working with others

CEUs available for Counselors, Social Workers and Marriage/Family Therapists

To Register & More Information on Classes:

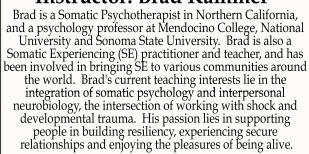
www.body-mindtherapy.com/register

Local Contact:

Katie Uemura

kuemura@sbcglobal.net, (916) 799-0387

Instructor: Brad Kammer



To Contact: bradkammer@body-mindtherapy.com

Date/Times/Cost:

Friday April 22, 2016 10:00 am - 5:30 pm

\$130.00 \$105 (early reg by March 1) \$90 student/intern cost

Saturday April 23, 2016 10:00 am - 5:30 pm

\$130.00 \$105 (early reg by March 1) \$90 student/intern cost

Location:

Sac Friends Meeting House 890 57th St. Sacramento, CA

