

# **Being Present in the Body: Using Mindfulness to Work with Trauma**

with Pawan Bareja, Ph.D.

November 18, 2018, 10:00 am to 4:30pm

Spirit Rock Meditation Center, Woodacre, CA. [www.spiritrock.org](http://www.spiritrock.org)

All Self-Identified People of Color Welcome!

When we feel stress or lack of safety in our daily lives, we lose our center and our sense of well-being. Traumatic responses arise in our bodies. Over time, our capacity to deal with daily stress and anxiety is inhibited. In this daylong, we will reclaim our innate capacity to self-regulate by working directly with our body based trauma responses using Somatic Experiencing and mindful mediation tools. Specifically, the mindfulness practices of loving-kindness, compassion, sympathetic joy and equanimity will be used to help you free up your energy so you feel more settled, grounded, and calm in your everyday life.

Appropriate for those who are new and experienced meditators. People of color of all ethnic backgrounds, sexual orientations, and gender identities are welcome.

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	November 18, 2018, 10:00am to 4:30pm
Fees:	\$75 to \$200 sliding scale. Senior/Student: \$45. Please bring your lunch.
Registration:	<a href="https://www.spiritrock.org/">https://www.spiritrock.org/</a>
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	MFTs, LCSWs, Psychologists and Nurses. Please call (415) 488-0164 or visit <a href="https://www.spiritrock.org/sslpage.aspx?pid=297">https://www.spiritrock.org/sslpage.aspx?pid=297</a>

## **Learning Objectives for health care professionals:**

Practice mindfulness meditation techniques to develop body awareness, in ways that may be beneficial to clients.

Identify habitual response patterns in clients that are linked to past traumatic events.

Recognize differences between fight, flight and freeze responses.

Utilize mindfulness with clients as a resource to begin to work with traumatic responses.

Utilize Somatic Experiencing skills with clients to release physical and emotional tension.