

## **Being Present in the Body: Using Mindfulness to Work with Trauma (A Day for People of Color)**

with Pawan Bareja, Ph.D.

Sunday, August 27, 9:30am to 4:30pm

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

Mindfulness helps us recognize the influence of past traumatic events which inhabit our daily life, here and now, through response patterns of stress and anxiety. In this daylong we will use body-based trauma healing skills to learn how to free up our frozen survival-based energy, so that we may feel more alive, settled and grounded in our everyday life. By working directly with our bodies, we begin to heal old trauma wounds by discharging the unresolved traumatic energy that gets bound in the nervous system in a variety of ways. This is often exhibited as body constriction and emotional reactivity. Our nervous system is innately resilient and with the right tools is able to regain its natural capacity to self-regulate.

This daylong will offer participants tools that blend the unique qualities of a mindfulness meditation practice with the skills of autonomic regulation utilized in Somatic Experiencing®, a trauma healing modality created by Dr. Peter Levine.

Teachings are appropriate for the general public as well as health care professionals. Continuing Education (CE) credit available. See below for more information.

Learning Objectives for participating health care professionals-

This workshop is designed to help you:

- 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.

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	Sunday August 27, 9:30am to 4:30pm

Fees:	Sliding Scale \$40 - \$100. Please bring your lunch.
Registration:	<a href="http://www.spiritrock.org/non-residential">http://www.spiritrock.org/non-residential</a>
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	This course offers 6 CE credits for \$60 for psychologists and California licensed MFTs, LCSWs, LEPs, LPCCs, and nurses.