

Healing Trauma using Loving-kindness & Compassion (6 class series)
with Pawan Bareja, Ph.D.

6 Thursdays, Oct 12th - Nov 16th, 2017; 7:15pm – 9:15pm

Spirit Rock Meditation Center, Woodacre, CA. www.spiritrock.org

With the teachings offered in this 6-class series, participants may start working with the traumatic responses in the body, which can inhibit daily life through stress and anxiety. The class is designed to empower participants to hold trauma responses using somatic (body-based) skills and mindfulness meditation tools. Specifically, the mindfulness practices of the body will be used to work with the stress responses in the body to help free up energy. The practices of Loving-kindness, Compassion, Sympathetic Joy and Equanimity will be used to develop a more settled, grounded and calm in everyday life.

Working directly with the body begins healing the trauma by discharging the unresolved traumatic energy that gets bound in the nervous system in a variety of ways as body constriction and emotional reactivity. With the somatic and mindfulness tools offered in this class, the nervous system can begin to regain its innate capacity to self-regulate.

In this class the instructor will combine mindfulness meditation practices with skills of Somatic Experiencing®, a trauma healing modality designed by Dr. Peter Levine. The reference book for this course is Emotional Chaos to Clarity by Phillip Moffitt, which presents direct application of mindfulness tools in working with trauma.

The class structure includes didactic presentations, discussion, movement and meditation. Students are encouraged to commit to attend all six classes since the material builds with each class. People of all ethnic background, physical abilities, sexual orientation, and gender identities are welcome.

Teachings are appropriate for the general public as well as health care professionals. Health care professionals will be able to incorporate the tools and practices offered in this class series when working with clients. 10 hours of Continuing Education credit will be available for those who complete the minimum attendance requirements for the course. No partial or per class credit will be offered. To qualify for the 10 CE credits, participants must attend at least 5 of the 6 classes. Participants must arrive within 15 minutes of the beginning of each class for their attendance to be counted, and stay until the end. Participants will be required to sign in and out of every class. See below for more information.

Learning Objectives for participating health care professionals- this workshop is designed to help you:

1. Practice mindfulness meditation techniques to develop body awareness in ways that may be beneficial to clients;
2. Identify habitual response patterns in clients that are linked to past traumatic events;
3. Utilize mindfulness with clients as a resource to begin to work with traumatic responses
4. Utilize mindfulness and trauma healing skills with clients to release physical and emotional tension
5. Identify brain physiology and the parts of brain most impacted by trauma;
6. Locate the fight, flight and freeze responses in clients
7. Utilize Peter Levine's Somatic Experiencing techniques to work with client's trauma .

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	6 Thursdays, October 13th - November 17th, 2016; 7:15pm - 9:15pm
Fees:	\$150-\$240 for series, \$90 for Senior/Students.
Registration:	https://www.spiritrock.org go to Calendar and search by date
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	MFTs, LCSWs, LEPs, LPCCs, and nurses and nurses CE are available.