

Return to Wholeness – Releasing Trauma using Loving Kindness and Compassion

with Pawan Bareja, Ph.D.

July 22, 2018, 10:00 am to 4:30pm

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

The traumatic responses in our body can inhibit our daily life through stress and anxiety. Is it possible to begin to heal the trauma by discharging the unresolved responses in our nervous system such as as body constriction and emotional reactivity?

In this daylong, we will explore holding our trauma responses using somatic skills and mindfulness tools. These tools may help your nervous system to access its innate capacity to self-regulate. Practices such as Loving kindness and Compassion may help you feel more settled, grounded, and calm in your everyday life.

People of all race, gender, ethnicity are welcome!

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| Venue: | Spirit Rock Meditation Center |
| Address: | 5000 Sir Francis Drake Boulevard, Woodacre, CA 94973 |
| Date: | July 22, 2018 10:00am to 4:30pm |
| Fees: | \$75 to \$200 sliding scale. Senior/Student: \$45. Please bring your lunch. |
| Registration: | https://www.spiritrock.org/ |
| Scholarship: | Nobody is turned away. Please call (415) 488-0164 |
| CE Credits: | MFTs, LCSWs, Psychologists and Nurses. Please call (415) 488-0164 or visit https://www.spiritrock.org/sslpage.aspx?pid=297 |

Learning Objectives for health care professionals:

Describe how mindfulness may be used when working with trauma;

Describe 3 tools/techniques or practices to assist in releasing trauma;

List 4 symptoms of release of trauma;

Describe the differences between fight, flight and freeze responses in patients/clients