

# Healing Trauma, Shame, and Relationships

A Weekend of Workshops on Increasing Resiliency through Somatic Therapy

## April 25 & 26, 2015

Park Marina Center for Well-Being  
353 Park Marina Circle, Redding, CA

### **Fundamentals of Somatic Experiencing: Healing Trauma & Increasing Resiliency**

**SATURDAY April 25- 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 of overwhelming experiences such as violence, accidents, natural disasters and grief. Focusing on the nervous system, SE enhances clients' capacities to fully enjoy a wide spectrum of human experience.

### **Working with Developmental Trauma: Psychobiology of Shame & the Social Brain**

**SUNDAY April 26 - 10 am – 5 pm**

This day-long workshop will present a model for understanding and working with complex trauma. Through the lens of psychobiology, we will explore shock vs developmental trauma, fear vs shame, healthy vs toxic shame, attunement vs misattunement, and the interpersonal nature of developmental wounds. This workshop is designed to help us identify the obstacles in the way of our clients' recovery, as well as our own unresolved triggers as helping professionals. A body-mind perspective will provide an effective base for skills designed to resolve shame & 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

6 CEUs (per class) available for Counselors, Social Workers and Marriage/Family Therapists (included in cost of class)



### **To Register & More Information on Classes:**

[www.body-mindtherapy.com/register](http://www.body-mindtherapy.com/register)

#### **Local Contact:**

Joseph Day

[jd221b@gmail.com](mailto:jd221b@gmail.com), (214) 662 8045

### **Instructor: Brad Kammer**

Brad is a Somatic Psychotherapist in Northern California, and a psychology professor at Mendocino College, National University and Sonoma State University. Brad is also a Somatic Experiencing (SE) practitioner and teacher, and has been involved in bringing SE to various communities around the world. Brad's current teaching interests lie in the integration of somatic psychology and interpersonal neurobiology, the intersection of working with shock and developmental trauma. His passion lies in supporting people in building resiliency, experiencing secure relationships and enjoying the pleasures of being alive.

To Contact: [bradkammer@body-mindtherapy.com](mailto:bradkammer@body-mindtherapy.com)

#### **Date/Times/Cost:**

**Saturday April 25, 2015**  
10 am – 5:30 pm

\$130.00

\$105 (early reg by March 15)  
\$90 student/intern cost

**Sunday April 26, 2015**  
10 am – 5 pm

\$130.00

\$105 (early reg by March 15)  
\$90 student/intern cost

#### **Location:**

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353 Park Marina Circle  
Redding, CA