

Trauma Resolution: Psychoneurobiological and Shamanic Approaches to Healing Trauma

Course Description: The effects of trauma are far-reaching: chronic pain, anxiety, dissociation, mental confusion, and emotional dysregulation. Most importantly, parts of the *Self* become fragmented leading to one's inability to function from instinct. The Practitioner/Client relationship can facilitate a reconnection to the *Self* through the right use of presence, resonance, and attunement. This workshop will explore the science and art of healing trauma. Participants will learn theoretical and practical skills to resolve traumatic symptoms and “retrieve the soul”.



Instructor Biography: William Smythe, M.A., is a pioneer in the field of somatic psychology. For almost three decades, Bill has been practicing and teaching Rolfing® Structural Integration with a blend of Somatic Experiencing®, Biodynamic Craniosacral Therapy, and Native American Shamanism.