



**No longer want to feel emotional pain hiding in the shadows?
Want your life to be less chaotic and reactive?
Tired of feeling dysfunctional?**

Healing Trauma Workshop

Adult dysfunctional behaviors often have their origins in childhood trauma. Addressing and healing childhood trauma can have a significant positive impact on *addictions, eating disorders, depression, anxiety, and painful relationships*. This workshop explores childhood trauma and the emotions that accompany it. Participants begin the process of resolving the anguish and grief that arises when childhood trauma experiences are triggered in adult life. The focus is not on blaming caregivers but rather on getting in touch with feelings that follow less-than-nurturing events and resolving the grief and anguish you still carry.

This three-and-a-half-day workshop is based on the work of Pia Mellody. Workshop participants:

- Learn about healthy and unhealthy boundaries
- Explore traumatic and less-than-nurturing events from childhood (birth to 17)
- Explore feelings that accompany traumatic and less-than-nurturing events
- Create a safe and nurturing relationship with themselves
- Release painful emotions
- Reclaim their rights and personal power

Tim Stein is a licensed Marriage and Family Therapist based in Santa Rosa, CA. He has trained with Pia Mellody in Post Induction Therapy.

For additional information and dates of upcoming workshops, contact:
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