

Yoga and the Traumatised Body

TRAINING WORKSHOP

18TH & 19TH
MAY 2020

9^{AM} - 5^{PM}

CLUB CHARLESTOWN

\$660

trybooking.com/BFQVF

Presented by **Shirley Hicks** from
Trauma Sensitive Yoga Australia:

- Personally experience the embodiment of these practices for your own self reflective experience.
- Review the latest Trauma research.
- Explore a range of somatic interventions to support nervous system regulation that will give you immediate tools to use in your practice.
- Be introduced to a typical 1-to-1 therapy session.



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www.hummingbirdcentre.com.au

Who should attend?

Counsellors, Psychotherapists, Psychologists, Psychiatrists, Rehabilitation Therapists, GP's , Mental Health Nurses, Social Workers and Occupational Therapists.

What can I gain?

- Connection to a growing network of Mental Health professionals working with traumatised clients
- Guidelines to incorporate these techniques into your practice
- Knowledge to identify and work with Trauma reactions that may arise in session with clients
- 14 Hours of continuing Professional Development (certificate of attendance provided)

What have others said?

"Finally a workshop that I believe can help me make a difference in therapeutic outcomes."

"The workshop is an excellent blend of theory and experience."

"Powerful experiential workshop which left me with a deeper embodied experience as a therapist and gave me tools that I can use immediately."