

## Working with Trauma using Myth and Stories

with Pawan Bareja, Ph.D.

Saturday, December 3, 2016; 9:30am – 4:30pm

Spirit Rock Meditation Center, Woodacre, CA. [www.spiritrock.org](http://www.spiritrock.org)

When working with trauma, it is easy to get caught in self-judgment, shame and thinking/planning. Stories and myths have a way of bypassing our thinking brain and appeal to our emotional and lower brain. For that reason, they have been used over the ages to help people work with and assimilate difficult events in their lives such as loss and trauma. They are also used to initiate and empower us with right intention and to engage in right action. Most of us are familiar with the power of stories and myths as we were touched by them as children.

In this daylong we will invoke the power of stories and myths from Buddhist and non-Buddhist traditions to help loosen the mental and emotional knots of trauma. The daylong will include sitting and walking meditation interspersed with movement, stories and discussion of the stories in small and large groups and dyads.

The Buddha said, "Be a lamp unto yourself."

During this daylong, you will be invited to invoke the teachings that are applicable to you and find new insights to work with your difficulties. This day will help health care professionals get to the heart of the emotional knots within their clients who have suffered trauma and use some of the non-linear mindfulness tools offered in class to help their clients release those knots.

Teachings are appropriate for the general public as well as health care professionals. Continuing Education (CE) credit available. See below for more information.

### Learning Objectives for Participating Health Care Professionals

Based on the content of this program, you will be able to:

- Practice mindfulness meditation techniques to develop body awareness in ways that may be beneficial to clients;
- Identify habitual response patterns in clients that are linked to past traumatic events;
- Utilize mindfulness with clients as a resource to begin to work with traumatic responses;
- Utilize mindfulness and trauma healing skills with clients to release physical and emotional tension.

Young Adults (18-26) and Seniors (65+ with limited income) are invited to attend this day for \$45.

People of all ethnic background, physical abilities, sexual orientation, and gender identities are welcome.

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	Saturday, December 3, 2016; 9:30am – 4:30pm
Fees:	Sliding Scale \$75 - \$200. Please bring your lunch. Code PB2D16.
Registration:	<a href="https://www.spiritrock.org">https://www.spiritrock.org</a> go to Calendar and search by date
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	MFTs, LCSWs, psychologists and nurses CE are available.