

# Moving Through Trauma

**\$20.00**

**Free Childcare - pre-registration required**

This course is not designed to help you process your trauma directly. Rather, it is designed to help you develop the capacities and relationships to process your trauma. Trauma is very delicate and this course will help lay the foundation for you to continue moving through your trauma as you move forward in your life!

Moving Through Trauma is eight weeks of experiential learning sessions consisting of video learning, individual reflection time, group exercises with reflection, and practices to do on your own between sessions.

Discussions include

- Guardrails and Grace for the Journey of Moving through Trauma
- Unpacking Trauma and our Trauma Threshold
- How Trauma functions in our Emotions, Brain and Body
- Three Primary Responses to Trauma
- Lowering Stress in our Nervous System
- How our Family & Collective systems Impact the way we experience Trauma
- Traumas connection to our Health and Well being  
How we Heal
- And more!