

**Professional Trauma Training
With Sharon Porter SEP, RCST, RPP**



**The Energy of Somatic Trauma Resolution
Course Description**

Somatic Trauma Resolution (STR) is based primarily on Somatic Experiencing, Peter Levine's groundbreaking work with how to re-regulate our physiology and nervous system when it has been traumatized. Additional body-centered information and energetics has been added from Instructor Sharon Porter's 30 years experience teaching Polarity Therapy, Biodynamic Craniosacral Therapy, yoga and self-care. STR teaches the client to become curious about bodily sensations in a way that opens neural pathways and allows trauma-bound energy to safely discharge. You will learn principles of the link between sensations and discharge, the importance of carefully controlling the level of activation, and how this system is so precise and reliably effective in building resiliency for future events as well as healing the effects of overwhelm from the past. The work is usually done as an adjunct to psychotherapeutic, allopathic, energy healing and bodywork modalities, and for those who work with traumatized people. With sufficient experience, some will do STR as a stand-alone process. Many experienced practitioners have called it the "missing link" in healing because of the grace and ease with which it effectively addresses a difficult area of healing.

Sequence and Frequency

Six 3-4 day modules spread out through 18 months; begins June 9-11, 2007

Probable Location

Bayfield, Colorado (between Durango and Pagosa Springs)

For more information see Sharon's website; including prerequisites, certification and class make-up: <http://healthwaveinstitute.com/>

Cost: Approximately \$2800 depending on sponsor/location. Payment plans available.

Registration: Deposit of \$100 by May 25, 2007 to Denise Davis, 117B CR 250, Durango, CO 81301. Discount of \$300 for full payment by May 18, 2007.

Contact: Denise Davis, registrar, for registration form: 970-884-1331, cell 970-799-3800; or e-mail frespirit@gobrainstorm.net

For course questions call Sharon Porter 970-731-4553, cell 970-946-4879