

TRAUMA AND BOUNDARIES

January 28, 2011 9:00 AM - 5:00 PM

Hanover, New Hampshire

Healthy boundaries and our ability to adapt in any given situation are intrinsically linked. Trauma creates holes in our boundaries and directly affects our orientation and resiliency. In this workshop we will learn how to observe breaks and alterations in other peoples' boundaries, as well as our own, and most importantly explore how to restore healthy functional boundaries.

Healthy boundaries can be defined as selectively permeable. When boundaries are intact and functional the autonomic nervous system is able to organize and complete responses in a fluid and self-regulating way that does not overload the system. This encourages integration and reinforces the ability to orient and adapt to one's environment. The intention for this workshop is to have fun experimenting and learning together. We will define and discuss boundaries, play with exercises in groups and in pairs, and have time for questions and answers. It is open to anyone interested in learning more about working with trauma and boundaries and/or applying the principles to their own lives and professions.

Presenter: RUSSELL JONES is a faculty member of the Somatic Experiencing Trauma Institute and the Brazilian Trauma Association. He teaches SE internationally including South America, the US, and Japan. Together with Lael Keen, also an SE teacher, he operates a training center on the south coast of Brazil and is a founding member of the Brazilian Trauma Association. Russell studies psychology, is trained in mediation, and has studied Ki-Aikido, the Japanese art of mind and body coordination, for over 30 years. He continues to work intensively with trauma, and its effects, and enjoys experimenting with others to expand awareness and perception of boundaries in order to restore the natural self-regulation of our nervous system.

DATE and TIME: January 28, 2012 9:00 - Noon and 1:00 - 5:00 PM

LOCATION:

Center for Integrative Health

45 Lyme Road, Suite 200

Hanover, NH 03755

(603) 313 - 1044

INVESTMENT: \$125. Discounted to \$95 if postmarked by January 15th.

PLEASE MAKE RESERVATIONS IN ADVANCE - SPACE IS LIMITED. CEUs available

To Reserve your space please write to: Kibrasil@fastlane.com.br and send a check for \$125 (\$95 if postmarked by January 15th) to:

Russell Jones

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For Further Information write to: kibrasil@fastlane.com.br or call 802-683-7048