



Trauma, Inquiry and Essence: Working with Trauma on the Spiritual Path

Linda Chrisman and Patricia Meadows

“By enlisting the wisdom of the living, sensing body, and engaging our innate capacity to self-regulate high states of arousal and intense emotions, trauma can be transformed and healed.”

– Peter Levine, PhD

**Saturday and Sunday
June 25-26, 2016
10:00-5:30pm**

**800 Arlington Circle
Novato, CA 94947**

\$250 if paid by 3/25/16;
\$300 if received after 3/25/16
Limited to 20 participants

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Inquiry into our experience is a profound practice in being present to whatever arises in the moment to reveal our essential nature. However, sometimes inquiry alone is not enough. When encountering overwhelming emotions, high levels of physiological arousal, or states of dissociation, additional skills and practices can be beneficial. Somatic Experiencing (SE), developed by Dr. Peter Levine, is a holistic and naturalistic approach for working with unresolved trauma. The understanding of the physiology of trauma and the practices of SE can compliment our practice of inquiry within the Diamond Approach when working through trauma.

In this experiential workshop we will explore together how to integrate the wisdom of Somatic Experiencing with the wisdom of the Diamond Approach. The workshop will include teachings on the symptoms and physiology of trauma, as well as, ways to shift how trauma may be held in our physiology and structure. The tools taught in this workshop will support building capacity for self-regulation and mutual regulation.

This workshop is intended for students of the Diamond Approach who may benefit from learning more direct and skillful means for working with the symptoms and impact of unresolved trauma. It will be a collaborative educational exploration of the basic principles and practical methods of working with trauma within the context of the Diamond Approach and will include short presentations, group discussion, experiential exercises, and embodied inquiry.



Linda Chrisman, MA, CMT, SEP is a skilled Somatic Experiencing practitioner and has been a student of the Diamond approach since 1995. She specializes in an integrative approach informed by her extensive training in Rosen Method Bodywork, Continuum Movement, Somatic Experiencing and other movement and touch modalities.



Patricia Meadows, MS, RN, RCST, SEP is an experienced Somatic Experiencing practitioner and a long-term student of the Diamond Approach, which deeply informs her work. In her private, integrative practice she specializes in working with prenatal and birth trauma, early attachment wounding, relational trauma, abuse, medical trauma and syndromes related to the impact of chronic trauma.

Both Linda and Patricia work with many students in the Diamond Approach.

