



THE MOSAIC OF HEALING

A PORTAL INTO TRANSFORMATION

THE CLIENT, THE ATTUNED THERAPIST, THE EXPERIENCE, AND THE TOOL
A COURSE FOR TRAUMA THERAPISTS

ANA DO VALLE
ANTHROPOSOPHICAL
COUNSELOR,
OTR, SEP, SIPTC

DATE: 10/18 (9-5) & 10/19 (9-3) 2019
LOCATION: PEDIATRIC POSSIBILITIES
7209 CREEDMOOR RD # 101, RALEIGH,
NC 27613

COST: \$380

ONLINE REGISTRATION:
SOMAHEALINGCENTER.COM

INQUIRES:
DRPORTELA@VIDACOUNSELING.ORG
303.618.5328

UPON REGISTRATION YOU WILL RECEIVE A DISCOUNT
CODE (\$50) FOR THE ONLINE CERTIFICATION COURSE
WITH DR PORGES
(ILS SPONSORED)



SOMATIC EXPERIENCING GROUP CONSULTATION
FOR ALL LEVELS: SATURDAY 4PM-7PM

COST: \$80

PRIVATE SESSIONS AVAILABLE!

COST: \$200 (90 MIN)

DRPORTELA@VIDACOUNSELING.ORG

somahealingcenter.com

Online Certification for the SSP:
Integratedlisteningsystems.com

This workshop is designed to educate practitioners working in the trauma spectrum on how to integrate the Safe and Sound Protocol (SSP) created by Dr. Stephen Porges as a preparatory or intervention tool for treating complex trauma.

We will be discussing applications of the SSP among pediatrics, couples, individuals, and family systems. The Safe and Sound Protocol (SSP) prepares the nervous system to respond to the 'Essence of Safety' while it is also being challenged to self regulate by the music.

The SSP listening sessions are supported by activities that encourage expression, embodiment, coherence, and empowerment, therefore preventing the natural defenses of dissociation and overwhelm seen in a vulnerable Nervous System. The SSP utilizes music that progressively kindles the natural biological rhythms of homeostasis and the Autonomic Nervous System's (ANS) capacity to recover. This model cues the brain stem into shifting towards a state of regulation.

This course will introduce you to a tracking system for optimizing the effects of the SSP. The SEGAN Model (Sensations, Emotions, Gesture in Color, Action, and Narrative) will invite form, movement, and color to the experience, as it also illustrates the triad between the Client, Experience and the Therapist.

This is a simple, yet potent model, that may be implemented in a wide variety of settings which includes therapy offices, hospitals, residential facilities, outdoors, home, and community.

By adopting this model, throughout the course of seven days, you, as the therapist, will have a profound insight into your client's "Portal to Transformation". Your client will receive the gift of embodiment, clarity and meaning that will continue to unfold throughout their intervention.

As a participant in this training, you will be able to construct your own "Mosaic of Healing" and experience your life story from an inspired and transformational way. You will develop personal poetry in support of your unique healing journey. Both of these techniques are embedded in the SEGAN Model.

WORKSHOP OBJECTIVES

- Learn the clinical implications of the SSP when treating trauma
- Learn how to apply the SEGAN (model developed by Ana do Valle) for tracking a seven-day process into your client's healing portal.
- Participate in an experiential that will support your own understanding about this healing process

ABOUT THE INSTRUCTOR

Ana is an Occupational Therapist (OT) who has developed her studies in the areas of Anthroposophy, Sensory Processing, Somatic Experiencing, and Brainspotting. She has over 34 years of experience working in hospitals and schools, and runs a flourishing private practice in Boulder, CO. Ana also teaches internationally, including trainings in Europe, Canada, Brazil, Alaska, and the U.S. She has co-taught with Dr. Robert Scaer, author of *The Trauma Spectrum*, and has worked directly with Dr. Peter Levine, the developer of Somatic Experiencing. Ana works with indigenous cultures on the subject of healing trauma. Through her multidisciplinary treatment approach, Ana is able to address the nuances of processing sensory input in order to create coherence in the nervous system and promote healing.