

Becoming Safely Embodied:

Skills to navigate a world of leftover trauma

Wednesdays, May 13-July 15, 7:00-8:30 pm

Stillpoint Center, 11223 Cornell Park Drive

Presented by Ed Gutfreund, PCC, LMT

- Unfinished business of the past intrude into your life?
- Often “looking over your shoulder” in anxious anticipation?
- Notice a sense of constriction in your body or field of awareness?
- Do you feel disconnected at times from yourself or relationships?
- Want to feel safer as you move in your world?

Embodied life gives you:

- More positive energy,
- Clearer perception,
- Freer relationship with feelings,
- A more flexible nervous system,
- More joy and gratitude, less activation.

Resource skills to heal leftover trauma symptoms:

- Re-establish a sense of belonging and connection
- Deconstruct triggers that activate past trauma states
- Deepen concentration and mindfulness to stay present and self-directed
- Attune to the thoughtful, emotional and physical dimensions of experience,
- Separate facts from feelings
- Work with separated parts of yourself.
- Find guidance from an Older, Wiser Self,
- and much more... to carve a new path out from the confines of old wounds.

Registration includes 10 group sessions, plus an individual application session and a post program individual session with Ed Gutfreund Wednesdays, May 13-July 15. 7:00-8:30 pm. Tuition: \$495 (payable in installments). Call for information and application interview. 513-319-4432

With new skills you can:

- change your relationship with the past,
- access belonging, connection, intimacy,
- make possibilities for the future,
- be present to abundance,
- free generosity and gratitude,



Ed Gutfreund brings his knowledge and experience as a therapist and educator to the *Becoming Safely Embodied* program originated by Dierdre Fay. His creative approach to learning and therapy supports an expanding sense of welcome and safety, while you learn skills to take into your world; in order to appreciate the gifts of life and heal its wounds. More information about Ed's work available at www.presencepractice.com.

