

SOMATIC TRAUMA RESOLUTION TRAINING in DENVER!
With Sharon Porter, SEP®, RPP, BCST®

Intro/Module 1: October 24-27, 2008

STR is an effective, creative, safe and efficient way to heal the effects of trauma and overwhelm. It also restores resiliency to the nervous system so that one is much less affected by the stresses and set-backs of life. STR is based on Somatic Experiencing® but is deeply informed by Sharon's decades of work in Polarity Therapy, Yoga and Self-Care, Craniosacral Therapy and her remarkable skills and gifts in Energy Medicine. Because this Denver course will include craniosacral practitioners from several styles, Sharon will show shifts in the cranial system that are occurring as she demonstrates STR. (Her hands are moved from off-body by many energy phenomena, so students quickly learn the energy and tissue relationships with thoughts, feelings and expressions.)

Trauma is defined as anything that overwhelms the nervous system, creating incomplete fight/flight/freeze responses and a myriad of emotional and physical symptoms affecting every aspect of life.

Modern neuro-science has confirmed that trauma responses are driven by the survival instincts of the hind brain, whose language is bodily sensation. Practitioners learn to guide the client to become mildly curious about their sensations in a way that opens neural pathways and allows shock and trauma-bound energy to gently discharge, often as trembling. The whole body/mind is then supported to reorganize to a higher level of health. Wave after wave of this charge-discharge cycle occurs in a typical session. Foundational approaches are later applied to categories of trauma such as physical and sexual abuse, emotional shocks and losses, falls, accidents, disasters and more. As experience is gained, the work can also be quite effective by phone.

Certification includes personal processing in class and private sessions with Sharon or her graduates, 40 logged sessions, 4 session reports, and mentoring as needed. Experienced STR graduates now in Teacher Training will assist on the course, which will consist of six modules over about 15 months (bring your calendar!). This intro qualifies as the first module.

Students learn to work with current and past situations. This training is practical for laypersons as well as body workers, therapists of all kinds, medical personnel, emergency workers, coaches, etc. Course is Certified through Sharon's Colorado-approved School, **HealthWaveInstitute.com**

When: Oct. 24-27: Fri 5pm-9pm, Sat 9am-5pm, Sun 1-5pm, Mon 9am-5pmc.

Cost: \$395 before Oct. 10, \$450 thereafter. \$200 deposit

Location: 3550 S. Harlan St., Denver CO 80235 (W. Hampden between Wadsworth & Sheridan)

Registration to Dan Burgess, 14013 Captains Row #107, Marina del Rey CA 90292.

310.821-8212 for Sharon and Dan. From 10/24 contact Sharon Porter at 970-946-4879.

Sharon Porter has been training practitioners and students since 1973, beginning with Yoga. She co-founded the first large schools of Polarity Therapy (electromagnetic fields applied to bodywork, exercise, diet and thought), then learned Craniosacral Therapy, beginning with Upledger courses and later the Sills Biodynamic style. She began her SE studies with Dr. Peter Levine in 1992 when she was stuck in some of her own trauma symptoms. She is a Somatic Experiencing Practitioner®, a Registered Polarity Practitioner, a registered Biodynamic Craniosacral Therapist® and is also approved to teach that work. She has maintained a clinical practice throughout her life and learns the most from her own clients. She presents at professional conferences and may eventually publish a book of compelling stories about her clients. In the meantime her students get to read and be inspired by this material along with a burgeoning training manual. In Los Angeles, where she is currently living, she teaches through PolarityHealingArts.com. She is a lively and dynamic teacher. Sharon is currently in Los Angeles and is married to her a-muse, Dan Burgess.

REGISTRATION FOR DENVER COURSE

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address	city	state	zip
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email	emergency contact/relationship
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amt of check enclosed, or credit card information

Person(s) who recommended you to the course (not required but helpful)

My background in health and even broadly related fields; profession/job; web site:

Please include on a separate sheet a statement about your emotional/nervous system stability (call Sharon if you have questions about whether you are ready to learn this work). Also please say what life experiences, contacts with STR or related fields, etc. motivate you to study STR. Send to Registrar on page 1 or email to us. Thank you. sporter@centurytel.net.