

The Tao of Trauma

East Meets West
for Integrative Healing



**Awakening
Arousal**



**Signaling
Threat**



**Mobilizing
a Response**



**Restoring
Coherence**



**Digesting
the Gristle**



Alaine Duncan
MAC, LAc, DiplAc, SEP

Join Senior Acupuncturist Alaine Duncan for a year-long series of seasonal workshops for acupuncturists, integrating the wisdom of Chinese medicine with the neurobiology of traumatic stress.

Register today:
www.integrativehealingworks.net

**All workshops held on select Saturdays & Sundays,
9:30 am–5:30 pm (dates on reverse)**

**\$375 per workshop; \$350 if registered & paid 30
days in advance. Half price for previous attenders.**

Register for all 5 by September 16, 2017 for \$1500

Crossings, 8720 Georgia Ave, Silver Spring, MD

12 NCCAOM PDAs (pending) for each module

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Awakening Arousal

September 16 & 17, 2017

The Self-Protective Response starts with the Po. Our breath catches, our curiosity stops, we narrow our focus and increase sympathetic arousal. Learn approaches to somatic mindfulness via the felt sense, the skin as a boundary organ, and the diaphragms as containers of affect.



Signaling Threat

December 2 & 3, 2017

The whole body is alarmed when the Kidney signals threat. Explore the Kidney/Heart axis, the Poly-Vagal System and the *Ming Men*. Learn skills to restore a sense of safe container, build capacity in the kidney/adrenal system and brain stem, and protect *jing* in trauma survivors.



Mobilizing a Response

March 3 & 4, 2018

The Wood mediates our fight or flight response. Thwarted mobilization can result in chronic pain, lack of embodied awareness and challenges in orienting to safety and danger. Learn skills to restore proprioception in the sinews, capacity to orient to threats, and benevolence in the Liver Blood.



Restoring Coherence

May 19 & 20, 2018

The Fire functions of relationship, connection and coherence are deeply impacted by trauma. Profound vulnerability and shame require nuanced approaches to restore the pericardium's capacity for connection, the Triple Burner's infrastructure for connection and the Shen's gift of coherence and regulation.



Digesting the Gristle

September 15 & 16, 2018

The Earth Officials are vulnerable to freeze/shutdown in survivors. Explore the visceral brain and the impact of early trauma on adult morbidity and mortality. Learn ways to move trauma memories out of muscle tissue, help patients digest their food and their experiences, harvest life lessons and find stability.