**Tao of Trauma – Autumn/Metal/Awakening Arousal**

* Explore the interface of the Five Elements of AAM and the autonomic nervous system in survivors of trauma.
* Explore the "personality" of the Lung and Colon and their role in waking to threat and letting go from an integrative, East-West perspective.
* Explore the role of the skin as a boundary organ. Learn techniques to restore a sense of containment in trauma survivors.
* Explore the diaphragm system as containers of affect and co-resonant structures. Track the movement of the breath through the diaphragms and learn how and when to work with them.
* Learn ways to monitor client activation via a client’s felt sense and your tactile contact.
* Learn interaction, observation and touch skills to augment acupuncture treatment, access subtle expressions of dysregulation and bring healing to trauma survivors.