**Tao of Trauma – Late Summer/Earth/Digesting The Gristle**

* Explore the interface of the Five Elements of AAM and the autonomic nervous system in survivors of trauma.
* Explore the "personality" of the Spleen and Stomach and their role in digesting life experiences and harvesting lessons from an integrative, East-West perspective.
* Explore the science of the poly-vagal nervous system and learn how it helps explain the life-long impact of early trauma on the viscera and the enteric brain.
* Learn comprehensive approaches to work with the unresolved traumatic stress in symptoms like obesity, digestive disturbance, mal-absorption of nutrients, and irritable bowel, as well as the ability to “trust one’s guts” in assessing safety in relationships.
* Explore the impact of Adverse Childhood Experiences as an underlying feature in virtually every public health question of morbidity and mortality
* Learn touch skills to augment acupuncture treatment, access subtle expressions of dysregulation and bring healing to trauma survivors.
* Learn interaction, observation and touch skills to restore capacity in the viscera to transform traumatic memories and assimilate life-enhancing lessons.