**Tao of Trauma – Winter/Water/Signaling Threat**

* Explore the interface of the Five Elements of AAM, the Five Phases and the autonomic nervous system in survivors of trauma.
* Explore the "personality" of the Kidney and Bladder and their role in signaling the threat response.
* Explore the poly-vagal system and the critical role of the Kidney-Heart axis in traumatic stress from an integrative, East-West perspective.
* Learn interaction, observation and touch skills to re-boot the trauma signaling center in the kidney/adrenal system.
* Apply the concepts of titration and pendulation between a resourced, safe state and an activated state via tactile and visual observation.
* Develop skills to help trauma survivors cultivate somatically mindful experiences of safe boundaries