**Tao of Trauma – Spring/Wood/Mobilizing A Response**

* Explore the interface of the Five Elements of AAM and the autonomic nervous system in survivors of trauma.
* Explore “the personality” of the Liver and Gall Bladder and their role in the mobilization of the fight/flight response from an integrative, East-West perspective.
* Learn interaction, observation and touch skills designed to restore capacity to successfully orient to threat.
* Explore the importance of slowing down, tracking and cultivating somatic mindfulness of the mobilization response.
* Develop skills in interaction, observation and touch that restore regulation in the joints and affect chronic pain patterns in physical injury survivors.
* Explore dynamics of proprioception and kinesthetic sense after traumatic injury. Develop skills in restoring the self-protective response after injury.