



Resolving Trauma & Impacts

with Advanced Instructor, Sara Sunstein

*"Be strong then, and enter into your own body.
There you have a solid place for your feet."
Kabir, 15th C. Indian Sufi*

November 11-13
Saturday-Monday
9:30 a.m.- 5:30 p.m.
Berkeley, CA

Pre-requisites: Phase 4 and 5.
Helpful—Phase 6 and Chapman's

\$435 by October 12, 2023
\$400--SOBI members repeating
who register by October 12
\$485 after October 12 for everyone
Payment plans available, please inquire!

Registration: Send \$200 (or more),
payable to Sara Sunstein at
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Sara Sunstein, Registered Advanced Instructor of Ortho-Bionomy®, has been helping people heal trauma since she trained with Peter Levine in the 1980s. Subsequent studies with Kathy Kain, Richard Valasek and others deepened her work with trauma and impact injuries. Sara maintains a private practice in Berkeley, specializing in resolution of pain and trauma and befriending one's body.

Our bodies know how to weather trauma; we developed biologically to do so. But sometimes we don't quite bounce back to "regular" after a trauma or series of traumas. All or part of our body stays in the past, the time of the event. That's when trauma becomes a problem, affecting emotions, relationships, body's internal processes, and pains.

The majority of PTSD symptoms can be traced to physiology and addressed by renegotiating patterns at a physical level. Ortho-Bionomy's® ability to work with all the body systems, including neurology, to support healthy self-regulation and resiliency makes it well-suited for healing trauma.

When trauma involves injuries or pain, sometimes resolving the injury leads to resolution of the rest of the Trauma patterns. Impact injuries, due to velocity, create a different body story than do strains, misuse, and other painful conditions. You'll learn how to address the line of force itself, so the injury can truly heal.

This 24-hour seminar includes lecture/discussion, demonstrations, and lots of hands-on practice.

We will cover:

- physiology and signs of trauma response
- components of healing trauma, including trauma-informed touch
- addressing relevant structural, visceral, and neural systems using O-B
- impact injuries' unique healing technique
- client's internal and external resources that facilitate resolution of trauma and lead to Healthy self-regulation

Cancellation/refund policy: Cancellations 30 days before class are fully refundable, minus \$35 administrative fee. Cancellations 2 weeks before class receive back deposit or 50% of full fee, whichever is less, minus \$35 administrative fee. No refunds for cancellations less than 2 weeks before class, except in cases of emergencies.

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