

Healing Medical Trauma

3 days

Many people experience trauma when they are born and many mothers are traumatised giving birth. Surgeries can give people relief and/or deeply disturb their wellbeing. Being given a diagnosis of life threatening illness can be devastating.

We will cover as many issues as possible from the list below:

- Hysterectomy
- Mastectomy
- Tubal ligation / vasectomy
- Abortion
- Curette
- Breast implants and their consequences
- Breast reduction surgery
- Labia surgery for cosmetic reasons
- Cosmetic surgery
- Pre-mature birth
- Sex change operations
- Physical & emotional scars
- Ill effects of drug treatments

Investment:

\$695 includes GST & Manual



Deep Trauma touches a place of overwhelm that has no words.

We can't speak, run or fight, we freeze, are beside ourselves and survive on doing things on automatic pilot.

Most therapies available depend on talking and feeling, but the 'deep trauma place' has no words and overwhelming feelings. I observed how clients are holding this stress in the brain, their muscles, their skin, their chakras and meridians. Trauma Healing is needed physically, mentally, emotionally and energetically, and often the person needs to be nurtured with nutrients to recover from being stuck in shock for extended periods of their lives.

Many people have helped my understanding of trauma and I am deeply grateful to all my teachers.

Instructor

Parijat is a registered Professional Member with the AKA and AIK, an Advanced Kinesiology Instructor and registered Herbalist. She is a Kinesiopractor and Senior Faculty Member for the International College of Professional Kinesiology Practice.

Parijat is the course author of 'Herbs for Kinesiologists', 'Nutrition for Kinesiologists', 'Weight Management for Kinesiologist', 'The Chi of Money and Self-Esteem' and 'Chi-Tonix for Energy Fitness'. She teaches in Byron Bay and other major centres.



Parijat's work is well-known on the NSW North Coast, and she is a presenter at national and international conferences.

Kinesiology Excellence Seminars



Advanced Certificate Trauma Healing for Kinesiologists



02 6685 7991
www.wellness.net.au

First Aid For Emotions

Effective care and healing time is essential for emotional trauma as it is for physical injury. If we are attended to with skill, love and care, healing can happen with a minimum of scarring and future limitation. In this one day course you learn practical skills to help someone move through the trauma, rather than suppress it.

Learn how to...

- Understand what happens in the body and brain when someone is traumatised
- Administer an effective First Aid Protocol
- Guide a traumatised person to re-connect with their body & inner wisdom
- Put events into perspective
- Communicate - what to do & what not to do
- Use self care when looking after a person in distress
- Balance Organ/Body integration to 'be back' in the body
- Use specific vibrational remedies
- Recommend nutritional and herbal support

Investment: \$220 incl. manual & GST
Assessed homework & 1 hour mentoring \$110



Rapid Stress Release

Rather than manage stress, we need to reduce it - rapidly. We can take charge of the way we handle stress and daily challenges by learning practical skills we can apply on the run. Get back in charge of your emotions quickly, without suppressing them.

Learn how to...

- Apply quick fixes - a series of short, fun exercises you can do to alter your stress response in a positive way.
- Apply medium fixes - actions that are effective over a more extended time. Implement simple strategies for lasting results, feel empowered.
- Discuss the long term solutions for building stress resilience, sleep, nutrition, meditation, exercise and gratitude.

Investment: \$220 incl. manual & GST
Assessment & related coaching fee \$110

Deep Trauma Healing 3 days

Releasing trauma is essential for healing, healthy ageing and good relationships

This is an advanced unit giving practitioners extra tools to assist clients who feel stuck in trauma or who are being triggered into old trauma responses easily.

We recommend that you also take 'First Aid for Emotional Trauma'

Trauma takes people into fight/flight/freeze reactions run by the brain's survival mechanism. For many this is a place of total overwhelm that has no words and can't be touched or moved by logic and talk type therapy. It effects all body systems. Memories are held not only in the mind, but in the amygdala, the physical body, the meridian system and energy field.

Emotional trauma is a response to distressing or disturbing experiences of abuse, abandonment, rejection, bullying, assault or witnessing this happening to someone else, to a single event or to cumulative experiences.

Learn how to...

- Post-traumatic Stress Disorder PTSD
- Trauma Healing Protocol
- Amygdala Balance
- Age Incongruity
- Sound and Aroma Therapy tools
- Connecting to higher self
- Inherited trauma
- Vibrational remedies
- Trauma release body work
- Trauma release exercises

Investment:
\$695 includes GST & Manual



Healing Sexual Trauma 3 days

This unit is an extension of the 'Deep Trauma Healing' class and cannot be taken on its own

It addresses working specifically with healing sexual violence.

Many clients suffer stress, relationship problems and self esteem issues because of having experienced various degrees of sexual assault in their lives. The focus is on sexual patterning and abuse as well as trauma to the pelvic floor muscles and tissue.

Sexual trauma can be difficult to talk about and processing it is delicate for the client.

The practitioner needs skills and tools to assist effective healing. Expand your knowledge and skills to assist your client to navigate these experiences, so they can heal. Topics addressed are sexual abuse in children and adults and the consequences to the survivor.

Learn how to:

- Balance sexual abuse issues
- Get your power back
- Release shame
- Release muscle memory
- Use the 'Circle of Light Process' for unfinished business
- Balance for healthy boundaries
- Recognise lies and unhealthy perceptions and find your truth
- Develop strategies for a healthier future

Investment:
\$695 includes GST & manual

