



INTERNATIONAL TRAUMA-HEALING INSTITUTE  
A NON-PROFIT ORGANIZATION DEDICATED TO GLOBAL TRAUMA HEALING

**Invites you to a workshop on:**

## **Somatic Experiencing® Emotional First Aid for the 21<sup>st</sup> Century**

A one-day workshop in resiliency training\*

With GINA ROSS, MFCC

Founder of the International Trauma-Healing Institute, and Author of  
*Beyond the Trauma Vortex into the Healing Vortex Series*

**Friday July 8th 2011**

**9:00 A.M – 6:00 P.M**

**The New York Core Center, Inc.**

**115 East 23<sup>rd</sup> Street, 12<sup>th</sup> Floor**

**New York, NY 10010**

**(212 505 6767)**

**Fee: \$ 135**

**Somatic Experiencing®** is an innovative technique that can be taught as a self-help tool for the general public as well as for humanitarian aid workers, first responders and mental health counselors. It helps people release the tension and stress occurring from events of extreme physical and emotional distress, protecting them from developing further symptoms and allowing them to recover their sense of control and balance. More importantly, these strategies help individuals maintain a centered and objective way of understanding themselves and others - an essential, and often neglected, component for dealing with traumatic stress and conflict resolution.

In bringing the wisdom of body and the nervous system into healing trauma and coping with traumatic stress, SE® helps increase resiliency and prevents the development of post traumatic stress disorders. The strategies employed in somatic experiencing utilize gentle and compassionate resources that allow people to connect with their deepest healing capacities. The language is empowering and its focus on resiliency is engaging and facilitating. Somatic experiencing focuses on the innate ability to heal and offers a common universal language that helps transcend cultural and political barriers, touching the heart and the common ground of suffering.

*The training will include:*

- Recognize signs of activation in yourself and others.
- Learn to speak the language of the body/mind and the language of sensation
- Identify and ground your resources in your nervous system
- Receive tools to contain traumatic energy within your tolerance
- Discharge and help others discharge traumatic activation and stress

**Please send registration for together with a check for \$135 made payable to:**

Gina Ross

269 S. Lorraine Blvd.

Los Angeles, CA, 90004

**\*prerequisite for two-day training in The Collective Trauma Vortex**

**For Further Details please contact:**

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