



Integrating Spirituality & Psychotherapy Healing the Spirit by Attending to the Body

Friday, March 3

9:00 am - 12:15 pm

*Care and Counseling Center of Georgia
1814 Clairmont Road, Decatur, GA 30033*

\$40



Registration on CCCG website: www.cccgeorgia.org

Presenters Kristy Aspinwall, LPC, CCTP
Stephanie Foxman, APC, Certified Yoga Instructor
The Rev. Kim Sorrells, Certified Yoga Instructor
Melanie Storrusten, LCSW, Certified Yoga Instructor

Description

This workshop will help participants understand the consequences of trauma and spiritual wounding, and the manifestations in physical stress and maladaptive symptoms. Specific interventions will make use of mindfulness techniques, yoga, meditation and other body-work — practices that have historically been connected with spiritual growth, but now are shown to support progress in therapy.

Learning Objectives

Following this workshop, participants will be able to:

- Explain the effect trauma has on how survivors relate to their body and self
- Describe the evidence-based results of healing the mind-body connection through yoga
- Describe the evidence-based results of healing the mind-body connection through meditation
- Explain trauma's impact on spirituality and healing spiritual wounds
- Apply demonstrated interventions with clients

3 core hours of CE credit approved from the Licensed Professional Counselors Association of Georgia, the Georgia Society for Clinical Social Work, and Georgia Association for Marriage and Family Therapy. You must be on time and stay for the entire event to receive CE credit.