Explore the treatment of anxiety, depression, and the results of trauma with the three mind-body modalities of GIM, Nia, and Meditation. Come, spend the morning experiencing the power of music, movement, and meditation… for your own relaxation and benefit, and to sample the power of these modalities as they apply to clients you work with.

Music
The Bonny Method of Guided Imagery and Music (GIM) is a music-centered experiential therapy.
Facilitator: Barbara H. Davis, LPC, FAMI

Movement using The Nia Technique
Nia awakens feelings and sensations throughout your entire body, allowing you to grow and heal through self-expression and to relax into comfort and strength. Nia invites you to listen to and trust your body’s inherent wisdom. Nia’s playfulness and expressiveness revitalizes your mind and body as it uplifts your spirit and emotions.
Facilitator: Marybeth Grinnan, Nia Black Belt

Meditation
Meditation is a means of transforming the mind. With regular work and patience these nourishing, focused states of mind can deepen into profoundly peaceful and energized states of mind. Such experiences can have a transformative effect and can lead to a new understanding of life.
Facilitator: Rebecca McCracken, PhD, Licensed Clinical Psychologist

According to Bessel van der Kolk, author of The Body Keeps the Score…
“Trauma is not the story of something that happened back then — it’s the current imprint of that pain, horror, and fear living inside people.”
Bessel van der Kolk explores why talk therapy is not enough in treating trauma and describes a variety of mind-body strategies for helping trauma survivors recover. We find that this understanding is true for folks living with anxiety and depression as well. We will share three mind-body strategies at this workshop!

REGISTRATION
Music ~ Movement ~ Meditation
Friday, December 5, 2014

Name

Email

Phone

Per Person: $50  Checks made payable to TURNING POINT
Mail your completed registration and check to: Barbara Davis, 11055 Old Washington Hwy, Glen Allen, VA 23059
PayPal accepted online at: http://www.turningpointcommunity.com/calendar/index.htm