

# Transforming Trauma

## The Transforming Trauma Class (TT)

A safe, confidential, and effective technique for changing stressful internal relationships to traumatic events. The shift of that relationship often brings deep release of holding patterns in the myo-fascial system and deep relaxation. Accessing the body's own knowing helps the practitioner & receiver discover the events that seem to be traumatic, & which events would be appropriate to deal with now. Techniques focus on safety & personal ecology as they help release the energy held by trauma & make it available for more generative personal applications. This brings greater depth & effectiveness to the art of massage therapy.

### Learn:

Massage for "Disaster/Shock" Setting

Deep Stress & the Fight or Flight Mechanisms

Clearing Stress Receptors of the Head

The Future Pace Visualization

Noticing Deep Stress in the Massage Therapy Client & Athletic Performance

How Health is Affected By Deep Stress Imprinted in the Body's Bio-Computer

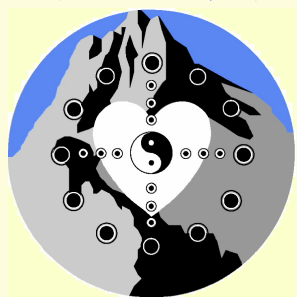
Muscle Testing to Prioritize Treatment of Specific Muscles

Understanding the Conscious & SubConscious Minds & Their Relationships

The Affects of Deep Stress on Awareness, Creativity, Healing & Holistic Thought

Releasing Patterns that Limit Success, Effectiveness, Performance & Fun

Prerequisite: MT - 4 Hours - Applied Kinesiology (Muscle Testing)



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[www.mountainheart.org](http://www.mountainheart.org)

*Times:* MT - 04/13/20 - 8:30 AM to 12 PM

TT - 04/13/20 - 1 PM to 5 PM

TT - 04/27/20 - 8:30 AM to 5 PM

TT - 05/04/20 - 8:30 AM to 5 PM

TT - 05/18/20 - 8:30 AM to 5 PM

*Cost:* TT - \$400 - 38 CEU Hours

MT - \$50 - 4 CEU Hours

