



Healing Trauma

Integrative Health Conference

September 25th 2016 - San Francisco Zen Center

Psychotherapy Yoga Therapy EMDR Hypnotherapy
Somatic Experiencing® Homeopathy Ortho-Bionomy®

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Introduction to Trauma: Adverse Childhood Experiences, Three Kinds of Trauma, Attachment Theory and Polyvagal Theory

Frances Verrinder, PhD, MFT



Most health care givers are, in the words of Carl Jung, wounded healers. Due to various traumas in our families of origin, we took on the goal of healing the family and now we have moved our work into the world. Since this is a conference about trauma, it is important that we do not become re-traumatized. This presentation will therefore begin with a brief experiential exercise to identify each person's internal self-soothing resources.

We will review Adverse Childhood Experiences, a fascinating study of over 17,000 Kaiser patients which demonstrates once and for all that adverse childhood experiences are correlated to psychological and physical illness.

We will look at the three main areas of trauma, attachment theory and polyvagal theory through the lens of a particular case history of a patient, X. I will also describe my therapeutic work with X utilizing attachment, Gestalt, EMDR, somatic work and hypnosis.

All three areas of trauma bleed into each other. Trans-generational trauma includes the long-term emotional and physiological repercussions down the generations of genocide, wars, revolutions, economic depressions, tyranny, patriarchy, incest, immigration and cultural loss and grief.

Relational trauma refers more to parent/child trauma, which may include parental neglect, or physically and verbally abusive parenting. Current situational traumas, occurring both singly and multiply, range from war, murder, rape, and domestic violence to sexual harassment, bullying and automobile accidents.

Attachment theory provides psychotherapists with a useful description of functional and dysfunctional emotional and behavioral styles. Using the Circle of Security drawings, we will look at how secure, insecure, avoidant, anxious pre-occupied and disorganized attachment develop. Secure and insecure attachment styles can be disrupted by trauma, leaving the person with a disorganized attachment style and often a fragmented sense of self.

Porges' polyvagal theory illustrates the levels of arousal in the autonomic nervous system. The goal of psychotherapy is to reduce the level of ANS arousal associated with the trauma, develop and expand the emotional and physiological experience of optimal arousal with multiple repetitions, to create a sense of ongoing well being and a deeper sense of self.

About Frances

I offer psychotherapy for individual adults, couples, stepfamilies and families of all kinds and styles, as well as groups and workshops

My areas of expertise include anxiety, depression, grief work, stress management, posttraumatic stress and trauma recovery, sexuality, relationship and intimacy issues, divorce, remarriage, infertility and pregnancy loss, menopause, women's issues and mid-life transitions, chronic illness, death and dying.

Resilience & Regulation After Early Childhood Trauma

Mary Scheib, FNP, SEP



Ideally in early life, our autonomic nervous system learns self-regulation, or the capacity to respond successfully to stress. We do this through borrowing the nervous of the regulation of our care provider. This “co-regulation” need occurs throughout life.

Early trauma (from before birth to age 5 or so), neglect and insecure attachment/ misattunement from care providers have profound affects on the developing nervous system.

Our neural development, which happens in a predictable sequence, is incomplete and doesn't well support self-regulation. We live in a constant state of dis-regulated stress physiology. As the Kaiser & CDC's Adverse Childhood Experience study has uncovered, early trauma has a high cost—serious health risks later in life (such as asthma, diabetes, heart disease, chronic pain, IBS, migraine headache, environmental sensitivities, depression & anxiety).

Regulation after early trauma can occur through a “remapping” of the nervous system. Touch is a foundational means of human communication, part of the stress-modulating affects of the “social engagement system”. Somatic Practice Touch and Somatic Experiencing speak the language of early non-verbal life—for learning the “felt sense” of secure attachment, safety and the capacity for self-regulation. Those who have experienced touch as threat, have an opportunity to repair this rupture. As one of my teachers, Steve Terrell, says, healing from early trauma always involves love.

Those of us with early trauma benefit from a team of care providers for multiple health challenges and the emotional, physical and spiritual effects of Trauma.

CASE Late 50's woman, history of anxiety, develops severe menopausal symptoms, asthma, severe IBS and migraine HA. Saw various allopathic and integrative specialists & had managed with a degree of isolation. A meditation teacher suggests the possibility of trauma and she begins SE therapy, In SE talk, play and touch, she gradually begins to feel herself & a sense of safety for the first time in her life. After a year or two, her presenting physical symptoms don't need management. New symptoms —chronic pelvic pain & vertigo appear & move through. She uncovers and begins to heal a sense of shame and to deeply sense her own right to exist and interconnection with others.

About Mary

Mary Scheib is a Family Nurse Practitioner and Somatic Experiencing-trauma resolution practitioner who has studied and practiced the healing arts for decades from her days as a labor and delivery and mom-baby nurse to the present.

She has a Masters in Nursing from UCSF and national board certification with American Nurse Credentialing Committee.

Mary has offered integrative health modalities to patients in allopathic clinic and hospital settings influence by buddhist mindfulness practice, rosen method touch, Iyengar yoga, Arizona Center of Integrative medicine (nutrition and integrative mental health).

She currently works in her private practice—bringing together Somatic Experiencing and Somatic Practice Touch therapies and integrative wellness to support healing from trauma. Mary volunteers with the Faithful Fools in the tenderloin offering trauma resolution work to people affected by homelessness. She offers a "somatic approach to touch, awareness and relationship" with a focus on nervous system regulation after early trauma. As a clinician, Mary brings a balance of curiosity, playfulness, compassionate presence and embodied knowledge.

Layers of Being: A Yoga Therapy Framework for the Confusion of Loss

Presented by Rachel Lanzerotti, MSW, eRYT500, EYT Certified



Yoga Therapy (YT) supports our clients' resilience when facing the traumas of loss and separation, grief and life transition. The approach of YT is one of adaptation to the individual, within the multi-layered framework of Yoga philosophy, theory, and practice.

This framework considers the balance of experience along continuums of separation-connection, confusion-steadiness, and forgetting-remembering, among many others. Yoga's very practical day-to-day tools offer ways to reconnect mind-body pathways and to directly affect the nervous system: breathing, mindful movement, sound, and visualization, as well as lifestyle changes may be

About Rachel

Rachel Lanzerotti, MSW, E-RYT500, EYT Certified Yoga Therapist, is an experienced practitioner and founder of San Francisco-based *Five Rivers Yoga Therapy*. She offers individual sessions and group classes in Noe Valley, as well as teaching at UCSF's Osher Center for Integrative Medicine and San Francisco Village. Rachel is Adjunct Faculty with Essential Yoga Therapy, offering mentoring and training. Rachel also is highly involved with research studies at UCSF, including studies of Yoga for chronic low back pain, cancer survivorship, and the metabolic syndrome, among others.

With 20 years of study and practice and over a decade of teaching yoga, Rachel is certified by the EYT Therapist Training Program, among the first programs to be accredited by the International Association of Yoga Therapists (IAYT). Rachel has the highest designation of Yoga Alliance, E-RYT500, which distinguishes teachers with significant experience. Rachel also holds a Master of Social Work (MSW) from SF State University and a BA (Human Biology/Feminist Studies) from Stanford University.

Healing Trauma through the use of Non-Ordinary States of Consciousness

Nick Venegoni, MFT - Psychotherapist & Hypnotherapist



Through the use of mindfulness, creative visualization, hypnotic states and shamanic trance, deep healing of the mind, body and spirit can occur. By using non-ordinary states of consciousness clients can learn to calm their nervous system, find inner strength and resolve experiences of trauma. Nick will discuss how various states of non-ordinary conscious can be used at the different stages of treatment of trauma, and give examples of successful outcomes in his work with clients.

About Nick

Nick Venegoni is a Licensed Marriage & Family Therapist and a Certified Depth Hypnosis Practitioner, in private practice in San Francisco. He works with individuals and couples, primarily from the LGBTQ communities, and specializes in supporting those suffering from anxiety and trauma. Through a holistic lens he utilizes talk-therapy, hypnotherapy, mindfulness based stress reduction, EMDR and energy medicine, to support his clients where they are on their healing journey.

Pelvic Floor Physical Therapy

Jessica Manley, PT, DPT



When "healing" trauma in the chronic pelvic pain community, as a practitioner, I find myself asking patients a few questions: 1. What is your greatest trauma? 2. Do you think this is the trauma that is keeping you from being "healed?" Then I ask myself a few questions: 1. What is trauma? 2. What does it mean to be healed? Through a case study of a female patient with pelvic pain and complicated history, I hope to explore these questions and explain how this physical therapist approaches "healing trauma."

About Jessica

Jessica Manley, PT, DPT has experienced injury and physical rehabilitation first hand and knows the value of joyful movement. Her experience with Functional Manual Therapy (FMT) is a central part of her holistic approach, addressing overall postural and strength imbalances in the body. Drawing upon compassion and commitment to living a healthy life, she encourages patients to heal the body beyond its condition prior to injury or trauma. Her passion is in treating pelvic health issues including chronic pelvic pain, incontinence, pain with sex, post partum/perinatal pain, and associated hip and/or low back pain. In addition, she has a penchant in working with foot issues, including plantar fasciitis. Jessica has practiced at Back to Life for almost two years after spending time in the

Homeopathy for Inherited Trauma

Sandi Kaplan, CCH



Sandi will present a homeopathic case that examines inherited trauma. The adult child of two people who had their own unique experiences of being orphaned, comes to her with a chronic cough, digestive issues and a deep sense of unexplained loneliness and isolation. With the use of a well-chosen remedy, the client was finally able to heal her physical ailments and find a sense of emotional peace.

About Sandi

Sandi Kaplan has been in private practice since 2003. She trained at the Pacific Academy of Homeopathy in 2002 and then received her certificate of advanced homeopathic training from the Dynamis School for Advanced Homeopathy in 2007. She has served the general population as well as particular communities such as homeless women and children, women with cancer, LGBT communities, youth and people living on low incomes. Sandi is currently associated with Homeopathy for Health in Africa, a non-profit organization based in Tanzania, whose goal it is to relieve the suffering of people with HIV/AIDS using homeopathy.

Healing Long Term Trauma with Poison Ivy

Joel Kreisberg, DC,



About Joel

Dr. Kreisberg, DC, CCH has been transforming health for individuals and society for close to 30 years. He recognizes healing potential in everyday actions and uses this energy to bring back wholeness and resilience. By listening carefully to the body, to feelings, and to nature, greater joy, passion, and fulfillment are available for everyone. His work is based on 28 years as an integrative physician, 20 years of innovative program development in healthcare and several years as a Narrative Health Coach. Dr. Kreisberg is the owner and principle of Integrative Homeopathic Medicine in Berkeley, California. His uses homeopathy, nutritional medicine, and health coaching to reduce pain without drugs and surgery.

After the acute trauma is released, deep seated scars often linger in persons suffering from post-traumatic stress disorders. Homeopathic poison ivy, *rhus toxicodendron*, offers a powerful tool for allowing feelings of being a victim that continue to permeate ones energy to heal. As a universal healing agent *Rhus toxicodendron* offers a profound healing opportunity for many of us to release long held feelings of pain and suffering. Dr. Kreisberg will teach from direct experience with the remedy.

Ortho-Bionomy®, Resilience, and Resolving Trauma

Sara Sunstein, MA



About Sara

Ortho-Bionomy® has been called “the homeopathy of bodywork.” This subtle work honors the body’s innate ability to heal and is highly effective for releasing tension/pain and re-establishing structural and internal balance. For these reasons—and more—it is ideally suited for healing trauma as well.

Now is your opportunity to learn about Ortho-Bionomy®--through brief explanation of its origins, concepts, and its kinship with homeopathy; client stories; a hands-on demonstration; and even a chance for your firsthand experience of Ortho-Bionomy®, a DIY Ortho-Bionomy® self-care practice. With a rudimentary understanding of Ortho-Bionomy, you’ll then hear about ways Ortho-Bionomy® is used for releasing trauma patterns directly from

Sara literally fell into Ortho-Bionomy®. After a really bad fall onto her coccyx in a contact improv class, a dancer friend recommended she see an Ortho-Bionomist. Within that first minute on the table, Sara “recognized” the work in her body and soul. A few years into her Ortho-Bionomy® training, she began seeing Peter Levine for therapy, and later he invited her to take his initial yearlong training in what was to become Somatic Experiencing. (She’s the connecting link between Peter and Kathy Kain, a former Ortho-Bionomy® instructor who developed the Touch classes for SE and now heads up curriculum.) Sara has also trained with Kathy and other world class pioneers in somatic awareness and therapy. A Registered Advanced Instructor of Ortho-Bionomy®, Sara has been practicing, teaching, and mentoring Ortho-Bionomy® over 30 years, with a particular focus on *emotional holding in the body and resolution of pain and trauma*.