**-Workshops & Groups to Offer in 2021-**

**Bounce Back Faster: Life Skills for Emotional Resiliency**

-Focus on Parents: Parenting Across the Lifespan, a workshop using Human Behavior in the Social Environment as a lesson plan for each of the stages of development. Psycho-education and experiential and reflective practice. Also Life-Span exercise to speed up awareness and evolution. Also parenting from the inside out with Feldenkrais. Also Negotiating the changes in midlife: empty nest syndrome, Menopause & changing sense of self.

Trauma through a child’s eyes

Offer Trauma First Aid groups to people (parents, teachers, nurses, artists, healthcare practitioners, therapists) one day a month for 6 hours on a weekend or over 3 evenings and 3 weekday mornings or afternoons for 2 hour blocks,

**Trauma Proofing Your Kids: A Tool Kit for Emotional Fluency For Parents**

**Trauma Proofing Your Kids: A Tool Kit for Emotional Fluency For Teachers**

**12 hours.**

Add Description:

Two 6-hour days: Saturdays, Dates TBD 9:00 to 5:00. Live

 Four 3-hour blocks, Friday afternoons, Dates TBD, 2:00-5:00 onlin3

 8 one and a half hour groups for Medicaid & Medicare clients only - TBD

-for parents

-for teachers (write out proposal for SFPS’ teacher wellness)

-for healthcare workers

(Proposal for local non-profits YouthWorks, The LifeLink, Esperanza, Casa Familia etc)

Also Parenting through Experiential Child Development and Writing Workshop-

Marketing: New Vistas, Las Cumbres, United Way, Childcare Centers, The Family Tree, Mothering Magazine…

**The Ecology of Being You, A Body-Centered Play Group for Psychotherapists**

Focus on Therapists & bodyworkers to start with. It’s a Therapists Playgroup for mental health practitioners. Facilitates mind-body dialogues between both for sharing, support and personal development. Once a month $75 for the day for 12 people. Experiential activities, support from isolation, peer supervision & sharing, personal development, family constellations, addressing sustainability of therapeutic paradigm. Down the line, get CEUs.

Stories are meant to be healed in community. Therapists in private practice can sometimes feel burdened by the secrets they keep, and confidentiality can lead to a sense of isolation and burnout. This group invites therapists to come out and play, resource, relax, and to explore the continuum between healing and creativity. Modalities used include Somatic Experiencing, Family Constellations, body & movement practices, journeying, breathwork, yoga, artmaking and writing. Peer Support group for Therapists in Private Practice through constellations, writing, movement exploration and yoga.

**One weekend afternoon or weekday night. Dates TBD- 3 hours Live or online.**

**Family Constellations: Healing the Wounds of your Lineage**

**Restoring Balance to the Family Soul**

-Family Constellations offered every 6 weeks

**Seeker: $120. Representative: $75, minus $15 for early registration.**

**Sundays, Dates TBD 9:00 to 5:00.**

Family Constellation is a powerful therapeutic group experience that helps you recognize the hidden, repetitive & burdensome relational patterns handed down through the generations within your family of origin which may be continuing to play out in your present family or in your current relationships. Gaining an understanding of the original wound around which your family organized its emotional entanglement allows you to access the compassion that can restore the unconditional love of your ancestors.

For each seeker, the constellation includes a half an hour phone consultation prior to the constellation, a family constellation, and a post-constellation check in for integration. Besides Family Constellations, also offer Nature Constellations, Relationship with Place, Dream Constellations.

**Mindfulness: A Framework for Social Work Supervision**

Mindfulness is often used as an intervention for stress reduction, depression, substance use, relapse prevention, and anxiety. It is used in working with groups, families, and communities. Mindfulness is also seen as a core process in the therapeutic relationship as well in the self-development and self-care of social workers. This workshop will focus on the principles and practices of mindfulness, the helping relationship, and therapeutic applications with clients. Participants will develop knowledge and skills that can be applied to clients experiencing a number of clinical issues, as well as laying the foundation for their own mindfulness practices.

**8 one and a half hour groups for social workers needing supervision. $179**

**Mindfulness for Anxiety and Depression- General Public**

Reap the benefits of some peace of mind. Mindfulness has been proven to be effective in reducing stress and symptoms of depression and anxiety. This workshop will highlight the principles and practices of mindfulness to lay the foundation for your own gentle practice.

**8 Wednesday evenings Dates TBD from 5:30 to 7:00**

**8 one and a half hour groups for Medicaid & Medicare clients only. Dates TBD $325, 12 hours**

**Writing the Body: An Inner Course** (for general public)

Add Description:

 Four 3-hour blocks, Friday afternoons, 2:00-5:00. Date TBD

 Six 2-hour groups for Medicaid & Medicare clients- Dates TBD

**$325, 12 hours:**

Also offer Memoire writing:

Women across the Lifespan-

Women writing their lives, Healing relationships:

Women, Relationships & Menopause

Parenting: Sex, Pregnancy, Relationships…

Mothers & Daughters

Group about connection and relationship to place, others & body. Nature and physical body.

Myelin sheath as center of own experience, emotional waters as ocean and sweet water.

**Awareness Through Movement-**

Add Descriptions:

-Birth to 2 ATMS - Baby moves- for parents, therapists & caregivers

-Whole Body Journey General public

* Tuesday Evenings, 5:30-6:30

Session 1:

Session 2:

* Friday Lunchtime. 12- 1:00

Session 1:

Session 2:

**8 sessions $120, one-hour sessions.**

**Kundalini Yoga for Beginners**

**Kundalini Yoga for Addiction Recovery**

Add Description: KY for Addiction Recovery (in 2019: Depression & Anxiety, Creativity)

* Tuesday mornings – 9-10.15

 Session 1:

 Session 2:

* Thursday lunchtime - 12-1:15

 Session 1:

 Session 2:

**8 sessions $120, one hour & fifteen minutes**

**Writing for Social Change: A Reflective Practice for Activists**

Do you ever ask yourself: “Is this it? Is this the best we can do as human beings on this planet?” Do your efforts in awareness raising and advocacy feel like you are pushing a boulder upwards? Do you ever want to give up? Take heart, whether you work within a social welfare bureaucracy which dulls the passion that brought you to this field in the first place, or you worry about the dwindling support and fear mongering threats imposed upon those most vulnerable in our society. Whether you are in private practice holding space for clients whose stories of hardship should be heard and acted upon at the policy level by an entire community, or you work on the front lines of compassion fatigue and wonder, by the end of the day, where to find the strength to go on nurturing your love for others and the world. Know that you have a place at this table to rest your heart, voice your feelings, tune into your body, ease your mind, and feed your soul.

Gather strength from breathing and writing practices, sharing your wisdom with one another, paying attention to yourself, your family, your clients and society.

**Two hours once week for 6 weeks. 6 CEUs**

**Four 3-hour blocks, on Friday afternoons. Twice a month for 2 months. 6 hours CEUs**

**Two 6 hour days**

Provide Supervision to Social Work students- talk to Jane Gorman. Self-care, mindfulness, trauma first aid, reflective supervision. CEUs for trauma first aid to social work students.

-Writing as Liberation: Exploring your multidimensional self. Saturday afternoon… 3 hours. $45. Creating on Purpose & Yoga

**-Barefoot Healers Community Events-**

**A forum for Social Work & Bodywork students, artists, teachers, healers, healthcare professionals & caregivers**

**Offering Low Cost Community Clinics in:**

**Cranio-Sacral Therapy**

**Somatic Psychotherapy**

**Art Therapy**

**The Feldenkrais Method**

**Massage Therapy**

**Acupuncture & NADA Protocol**

**Nutritional Counseling**

**Cooking Classes**

**Awareness Raising & Oral Histories:**

**Reading & Poetry**

**Dialogues on culture, gender & class**

**Theatre of the Dormant & the Awakened: A paleontology of consciousness**

**Self-Regulation for Conflict Resolution.**

**Macro Level Community Action:**

**Consensus Building in Identifying and Developing a Joint Collaborative Community Initiative in Santa Fe County, bringing it from seed to fruition.**