



## **The Body Remembers: Tending the Wounds of Childhood Trauma *A Bioenergetic Approach***

- Learn about the bioenergetic body-oriented approach to psychotherapy
- Deepen your understanding of how childhood trauma impacts body & mind
- Experience practices for grounding, deepening breathing & making personal boundaries to work through the impact of trauma & improve well-being
- For therapists: expand your effectiveness through exercises to facilitate presence, increase energy, and address the roots of presenting problems

The workshop will include both teaching and experiential exercises  
All are welcome!

Saturday, April 6, 2024 1:00 - 5:15 PM  
Watertown Center for Healing Arts  
17 Spring St, Watertown, MA  
4 CEs approved for Social Workers, \$20 fee  
\$95 before March 30, \$115 after March 30

Led by Susan Kanor, MA, Certified Bioenergetic Therapist & International Institute for Bioenergetic Analysis Faculty Member & Lucy Belter, LICSW, Bioenergetic Therapist, Myofascial Release Therapist

**Pre-registration required at: [www.massbioenergetics.org](http://www.massbioenergetics.org)**