

Center for Strength



Weekly Email

RESILIENCY REPORTER

Center for Strength is hosting a 4-part program, *The Body Keeps the Score: Brain, Mind, & Body Awareness Series*. We based this program on the modalities from the book, [The Body Keeps the Score](#), by Bessel van der Kolk, M.D. The author shares a well-researched explanation of trauma, its causes, and potential therapeutic approaches. Our educational series will allow for additional discussions on ways to achieve healing from trauma. We will learn about brain science, evidence-based therapies, movement, and storytelling in a group setting. While it is helpful to have read "The Body Keeps the Score", it is not required.

Emotional healing can happen through practices like mindfulness, yoga, play and more. In each module throughout this series, we'll focus on different healing ideologies that will help in your resilience journey.

Our Pillars of Strength encourage our community to engage in activities that support their recovery and resilience journey. **These programs are for our adult community.** You have the option to come to one or all of the modules. They will help you pay attention to your own needs through different activities.

PILLARS OF STRENGTH

Brain, Mind & Body Awareness:

Movement Module

Yoga with Beth Horowitz

March 9th

5pm-6pm

Location: Center for Strength

From *Body Keeps The Score*:

"In yoga, you focus your attention on your breathing and on your sensations in the

Brain, Mind & Body Awareness Series

MOVEMENT MODULE



**Beth
Horowitz**

Trauma-Informed
Yoga Instructor

[Sign Up Here](#)

moment to notice the connection between your emotions and your body- perhaps how anxiety about doing a pose actually throws you off balance. You begin to experiment with changing the way you feel. Will taking a deep breath relieve that tension in your shoulder? Will focusing on your exhalations produce a sense of calm?

Simply noticing what you feel fosters emotional regulation, and it helps you to stop trying to ignore what is going on inside you.”

Brain, Mind & Body Awareness Series – Therapy Module



Kathleen Shook
Licensed Therapist
AllHealth Network



[Sign Up Here](#)

Brain, Mind & Body Awareness:

Therapy Module

**Internal Family Systems with
Kathleen Shook, LPC**

March 23rd

5pm-6pm

Location: Center for Strength

Internal Family Systems (IFS) uses Family Systems theory—the idea that individuals cannot be fully understood in isolation from the family unit—to develop techniques and strategies to effectively address issues within a person’s internal community or family. This evidence-based approach assumes each individual possesses a variety of sub-personalities, or “parts,” and attempts to get to know each of these parts better to achieve healing. With the help of a trained mental health professional, families can become better able to identify the roots of conflict, manage any complications that arise and achieve greater well-being.

Brain, Mind & Body Awareness:

Brain Science Module

Neurofeedback with Braincode Centers

April 6th

5pm-6pm

Location: Center for Strength



[Sign Up Here](#)

Brain, Mind & Body Awareness-Storytelling Module



Journaling with Bethany Laurie

[Sign Up Here](#)

In this session, Braincode discusses the role of neurofeedback in trauma recovery.

Neurofeedback is a non-invasive treatment that encourages the brain to develop healthier patterns of activity. The goal of treatment is not only to change how you think and feel, but also to change your brain on a biological level for better functioning.

**Brain, Mind & Body Awareness:
*Storytelling Module***
Journaling with Bethany Laurie
April 20th
5pm-6pm
Location: Center for Strength

Journaling is the process of writing down your thoughts and feelings about your personal experiences. This kind of personal reflection allows you to sort through events that have occurred and problems that we may be struggling with. It allows you to come to a deeper understanding about yourself, with a different perspective on those difficulties. Along the way, this process can help you better process what you're feeling and possibly develop a better sense of well-being.

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