

Conversations for Connection

Thursday, May 13, 7 pm- 8 pm (MT)

An embodied approach to healing ambiguous loss

Ambiguous loss - incomplete or uncertain loss - can create frozen grief, depression, anxiety, and family conflict. This talk will explore the construct of ambiguous loss in general and as it relates to the pandemic. The physiology of ambiguous loss and the pandemic will be explored as well as embodied skills for healing. **Liz George**, Ph.D. is a clinical psychologist in private practice in Boulder. She is a certified Brainspotting therapist, a Somatic Experiencing Practitioner, and a Somatic Resilience and Regulation for early trauma touch therapist.

Dr. George is committed to social justice. She inhabits a white body and is currently leading a Somatic Experiencing informed healing racialized trauma for white bodies group. She has an active ecodharma Zen practice combining spiritual practice, grief and trauma healing, and activism.

