

## PROFESSIONAL TRAINING

### Touch Skills Training: Advanced Somatic Experiencing

Kathy Kain, M.Ed., SEP

Module 3: April 27 – 30, 2012

Module 4: September 7 – 10, 2012

This training will help mental health clinicians develop tactile, body awareness and other touch-related skills in the context of working toward the resolution of trauma. Participants must have completed Intermediate level of Somatic Experiencing.

For pricing and more information: [www.somaticpractice.net](http://www.somaticpractice.net)

### Somatic Experiencing Practitioner Training

Berns Galloway, M.Ed, SEP, CCC

Beginning III: June 1-4, 2012

Intermediate I: October 5-8, 2012

Intermediate II: Nov. 30-Dec. 3, 2012

Intermediate III: February 1-4, 2013

This training, developed by Dr. Peter Levine, offers participants the opportunity to learn a physiologically based approach to trauma resolution. Our bodies house the results of nervous system overwhelm – trauma, and the renegotiation of the trauma comes from attending to the nervous system processes. Over the total of eight modules this training offers, you will learn to detect and respond to the physiological and psychological effects of the disorganization of our nervous systems.

To learn more and to register for the training, please visit:

[http://www.traumahealing.com/training-schedule-blue/usa\\_md.html](http://www.traumahealing.com/training-schedule-blue/usa_md.html)

### Tellington TTouch Training

Saturday • June 9 – 10, 9:00 – 5:00 pm • April 27 early bird registration, \$355; after April 27, \$395

Learn and share a simple form of caring touch that activates the healing potential of the body, releases pain, stress and fear, and fosters well-being. Experience the unique physical, emotional, and spiritual benefits of TTouch as both giver and recipient. TTouch is a system of gentle, mindful circular touches, lifts and slides done with the intention of activating cellular communication and enhancing the healing potential of the body. Developed by Linda Tellington-Jones as a part of the Tellington Training method for horses and other companion animals, TTouch has been used effectively for humans for more than 20 years. CEU's available! Contact Kirsten for more information. Family discount and Guild Practitioner discounts available.

To Register, Contact: Kirsten Henry [kirsten@TTouch.com](mailto:kirsten@TTouch.com), 1-800-854-8326, Tellington TTouch Training, 1713 State Road 502, Santa Fe, NM, 87506, [www.TTouch.com](http://www.TTouch.com)

spring<sup>2012</sup>summer

**Crossings**  
a center for the healing traditions  
301-565-4924  
[crossingshealing.com](http://crossingshealing.com)

# Cultivate a conscious presence in daily living

## FREE TO THE COMMUNITY

**Two Seasonal Workshops with Rachel Brumberger and Joy Andrews**  
**Expand the Contours of Your Heart** • Sunday, June 24 • 11:00 am – 12:30 pm  
**Nourish Your Center** • Sunday, July 22 • 10:30 am – 12:00 pm

FREE to the community: two workshops about summer. Chinese medicine distinguishes the summer season from what is popularly called “Indian summer”, or late summer in Chinese medicine. A different workshop on each will focus on living with and learning from the gifts and challenges of these two distinct times of the year. Chinese medicine teaches that each season offers unique insights about how we can honor our bodies and use nature as our compass for optimal health. Each workshop will include discussions and exercises that enhance our understanding of how to live in alignment with the seasons in ways that make sense for our modern lifestyles. For more information and to register, email [joydawnandrews@gmail.com](mailto:joydawnandrews@gmail.com) or [rachel.brumberger@gmail.com](mailto:rachel.brumberger@gmail.com)

## ENERGY HEALING

**Healing Support Circles** ■ Kevin Mutschler

Tuesday • April 17 – June 19 • 1:00 – 1:45 pm • \$125 for the series • drop in \$15  
Join Kevin Mutschler, MA, L.Ac., Dipl.Ac, for a series of ten relaxing and renewing group lessons in healing support skills. We will learn and practice simple meditation skills anyone can do by just following along with Kevin's gentle instructions. And we will learn and practice qigong balance and energy cultivating skills. Kevin has a medicine bag full of easy-to-learn qigong remedies for many issues, like insomnia, nausea, irregularity, headache and fatigue. We will learn and practice a variety of skills each week and share the great energy we cultivate together. To register, please email [kevin@prohealing.net](mailto:kevin@prohealing.net) or call (240) 461-9300.

spring<sup>2012</sup>summer

## HOLISTIC PARENTING

**Mother Voyage: A Group for Moms** ■ Lisa Makstein, LCSW-C & Marla Zipin, PhD  
Tuesday • Ongoing • 10:00 – 11:30 am • \$70 per class/insurance reimbursable  
The group offers mothers with children of all ages an opportunity to reflect, learn compassion, and be the mom you want to be. We believe that “when mama is nourished, her family flourishes!” Join us to rejuvenate and grow in a safe, nurturing circle of kindred moms. **To register call Lisa Makstein: 301-963-5696 OR Marla Zipin: 301-899-4733** — psychotherapists for over 25 years with much heart, and seasoned moms.

## PROFESSIONAL TRAINING

### Workshop Success for Healing Arts Professionals

Marie Connor, M.Ac., L.Ac.

A 3-day workshop: Friday April 20, 7:30 – 9:00 pm; Saturday, April 21, 9:30 am – 4:00 pm; Sunday, April 22, 9:30 am – 1:00 pm • \$379 • \$329 early registration (by March 30)

A jam-packed, 3-day workshop focusing on how to design and market your own class. Specifically designed for alternative medicine practitioners, psychotherapists, bodyworkers, yoga & meditation teachers, and other healing professionals. CEs available.

**Information, registration and bonuses at [www.marieconnor.com](http://www.marieconnor.com)**

### Restoring Balance & Regulation After Trauma: Trauma Training for Acupuncturists

Alaine D. Duncan, Licensed Acupuncturist and Somatic Experiencing Practitioner  
May 12 – 13 • 9:30 – 5:30 • 12 PDA's applied for from the NCCAOM • \$250 if registered by April 12; late registration \$295. Full refunds on cancellations made 30 days prior; 75% thereafter. Make checks payable to Integrative Healing, LLC, 8505 Fenton Street, Suite 202, Silver Spring, MD 20910.

Many trauma survivors come to acupuncturists for help with the physical consequences of traumatic stress; things like fibromyalgia, insomnia, chemical sensitivities, or mood disorders. Recent advances in the study of the brain's response to overwhelming stress have revolutionized mental health treatment. Our patients too will benefit when we integrate the science of the human response to threat into how we offer our needles, manage clinical interactions and interpret signs and symptoms. Our foundational principle of balance between opposing poles of energy that co-exist in dynamic tension, and together support the easy rise and fall of activity and rest are mirrored in neurobiology's study of the sympathetic and parasympathetic branches of the autonomic nervous system.

**For more information, contact Alaine Duncan, 301-806-4003 or [aduncan@crossingshealing.com](mailto:aduncan@crossingshealing.com)**

## MOVEMENT & DANCE

### Dancing the Chakras through Sacred Circle Dancing

Judith Walton, Ph.D. and Evelyn Beck, Ph.D.

Friday (ongoing) • 7:30 – 9:00 pm • April 13, May 11 & 18, June 1 & 15)

\$50 for 5 sessions • **\$20 drop-in fee**

This year our dancing will be organized around the seven chakras, which are conceived in Eastern philosophy as focal points of energy in the mind/body for the reception and transmission of the life force energy. Each chakra is associated with spiritual as well as physical qualities, and participants will have the opportunity to experience these different energies through simple dances from around the world. No previous dance experience is needed. Each dance will be taught at every session. **For registration and information contact [etb@umd.edu](mailto:etb@umd.edu) or [jwaltondc@yahoo.com](mailto:jwaltondc@yahoo.com)**

## MEDITATION

### Mindfulness Meditation ■ Still Water Mindfulness Practice Center

Mitchell Ratner, Senior Teacher

Many of us live as though there were tape recorders in our heads—constantly playing back worries, fears, regrets, commentary, and criticism. Mindfulness practice enables us to find the pause buttons on our recorders, to shift from thinking about the world to experiencing it. Join the Still Water community at Crossings to learn Mindfulness practices, such as sitting and walking meditation, and to be part of a nourishing community. Newcomers and visitors are always welcome.

### Morning Meditation

Monday, Wednesday, Friday • 7:00 – 8:00 am

### Evening Meditation and Mindfulness Program

Every Thursday • 7:00 – 9:00 pm

First Thursday (monthly) Orientation: 6:30 pm

Orientation to Still Water Mindfulness Practice Center and basic mindfulness practices.

**Weekly Still Water programs at Crossings are supported by donations. More information:**

**[www.StillWaterMPC.org](http://www.StillWaterMPC.org) or contact Still Water at [Info@StillWaterMPC.org](mailto:Info@StillWaterMPC.org) or 301-270-8353.**

### Primordial Sound Meditation Workshop

Geraldine Amaral and James Hodson, Certified Primordial Sound Instructors through the Deepak Chopra Center

Saturday • July 7 & 8 • 10:30 am – 4:00 pm • \$295

Do you have difficulty meditating? Have you tried all methods and failed? There is a meditation method that works and you can learn it in one weekend. You will receive your own personalized mantra. Primordial Sound Meditation uses individually selected sounds of nature called mantras to disconnect us from the activity of life. These primordial sounds are based on the vibration the universe was creating at the moment of your birth. Includes meditation CD featuring Deepak Chopra and meditation guidelines book by Deepak Chopra. Space is limited. Advanced registration is required so that you can submit your date, time and place of birth in order to calculate your mantra. **To register, and for more information go to [www.thespiritualtarot.com](http://www.thespiritualtarot.com); email [geraldine@thespiritualtarot.com](mailto:geraldine@thespiritualtarot.com) or call 703-671-7421.**

spring<sup>2012</sup>summer

## MOVEMENT & DANCE

### Movement Improvement: Stretch & Integrate with Helen Rea

Tuesday • March 6 – April 24; May – June 19; June 26 – August 7 • 6:15 – 7:30 pm  
Wednesday • March 7 – April 25; May 2 – June 20; June 27 – August 8 • 10:00 – 11:30 am  
\$160 for full session of 8 classes • \$150 for 6 classes • \$30 for a single class  
Helen guides students by building gentle movement sequences that help improve body awareness, increase range of motion and promote coordination and ease of movement. Students have discovered great physical and mental benefits from taking the class regularly. Returning students have priority reservations. Enrollment is ongoing. Class size is limited. Pre registration is required. Guarantee a spot in class by enrolling in a series. Other attendees admitted if space is available.

Call 301-587-7478 or email [helenrea@aol.com](mailto:helenrea@aol.com) to reserve your space.

### Introduction to Movement Improvement with Helen Rea

Friday • June 22 • 10:00 am – 12:00 pm  
Advance registration is required. \$75 if registered before June 8; \$90 after June 8  
Find out the basics about this unique method for making you more comfortable in your own body. This workshop will introduce students to ways of thinking and moving in daily life and in dance or exercise to maximize ease and fluidity in movement, enhance coordination and strength and reduce injury. Class size is limited.  
Call or email for details and to register: [helenrea@aol.com](mailto:helenrea@aol.com), 301-587-7478.

### T'ai Chi ■ Michael Ward, LCSW

Wednesday • April 25 – July 18 (no classes on July 4) • \$225, 12 class session  
6:30 – 7:30 pm Continuing Beginners (2nd section of the form)  
7:30 – 8:30 pm Intermediate (3rd/final section of the form)  
8:30 – 9:30 pm Corrections (covers the entire form)  
T'ai Chi is a mind/body form of exercise that developed from observations of how the forces in nature balance and harmonize. Develop the ability to observe unnecessary stress and tension in the body. By applying this awareness to other activities, the benefits of T'ai Chi can reach far beyond the practice of the form itself. New students are welcome to join the classes in progress (currently New Beginners & Continuing Beginners in the April – July session). For registration and information contact Michael Ward at [info@cloudhandstaichi.net](mailto:info@cloudhandstaichi.net), [www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net), or 301-562-0992.

### Lunchtime Qigong: Soaring Crane Qigong

Kevin Mutschler, M.A., L.Ac., Dipl.Ac.

Tuesday • April 17 – June 19 • 12 – 12:45 pm • \$125 for the series • \$15 drop-in fee  
Meet your qi for lunch once a week. Explore the world of qigong through the elegant and easy-to-learn Crane Style Qigong. Crane Style was developed by Zhao Jin-Wiang combining elements from classical Taoist qigong and Taiji movements. It has become immensely popular in China, and now also in the United States. During this ten-week session of Lunchtime Qigong, you will learn and practice all five sections of Crane Style. The key to benefiting from qigong practice is to practice qigong. Lunchtime qigong makes it easy to get your qi going and keep it going. To register, please email [kevin@prohealing.net](mailto:kevin@prohealing.net) or call (240) 461-9300.

## PROFESSIONAL TRAINING

### Mastering the Art of Five Element Acupuncture: The Treatment Room through Time ■ Jane Grissmer, M.Ac. and Linda Simons, M.Ac.

May 19 & 20 • 9 – 5:00 pm • \$179

The first weekend of an educational series to support the next generation of Five Element Acupuncturists. Continue with your learning to address the unique needs and underlying symptoms patients experience, whether fertility, cancer or emotional distress, through the natural cycle of the 5 elements. **Emphasis will be placed on:** working with a patient's essential nature; learning point combinations; and designing treatment strategies; evaluating effectiveness of treatments; developing sensory skills to serve a broader range of patients at deeper levels; and evolving conceptual and practical strategies that work in the treatment room. **Method of Presentation:** Patient observation and treatment in morning; lecture and discussion in afternoon. **Patient Consultation:** 6 slots available for patient consults. You do not have to be in class to bring a patient for consult. Consultation fee is \$150. 12 CEU'S. **Space is limited. To register for class or to bring a patient, call 301-565-4924, x 314.**

### Brainspotting ■ Lisa Schwarz, M.Ed.

Phase One – May 3 – 4 • 9:00 – 6:00 pm; Phase Two – May 5 – 6 • 9:00 – 6:00 pm  
What is Brainspotting? Brainspotting is a powerful, focused treatment method that works by identifying, processing and releasing core neurophysiological sources of emotional/body pain, trauma, dissociation and a variety of other challenging symptoms. Brainspotting is a simultaneous form of diagnosis and treatment. Brainspotting functions as a neurobiological and psychological tool that supports the clinical healing relationship. There is no replacement for a nurturing therapeutic presence and the ability to engage the client in a safe and trusting relationship where she/he feels heard, accepted and understood.  
For more information and to register please go to [www.lisaschwarz.com](http://www.lisaschwarz.com)

### Jones Institute & Crossings presents: Strain Counterstrain I for the Spine Instructed by: Robert Dowd, P.T., D.R.T, OCS, JSCCI

May 18 • 2:00 – 7 pm, May 19 • 8:00 – 6 pm, May 20 • 8:00 – 3:00 pm • \$645 per person/course • early bird fee \$595, registered by April 18  
SCS I focuses on spinal dysfunction. Lecture and extensive lab time are spent focused on the cervical spine, thoracic spine, lumbar spine, ribs, pelvis and sacrum. Emphasis is placed on developing palpatory and hands-on treatment skills to enhance the students' effectiveness with the techniques. Upon completion of the course participants will be able to perform Strain Counterstrain treatment techniques for common joint dysfunction, understand the neuromuscular basis for Strain Counterstrain, know how to perform a full body evaluation and have learned the Strain Counterstrain documentation format. More than 85 techniques are taught throughout the course and each participant receives a syllabus outlining each technique demonstrated.

Go to [www.jiscs.com](http://www.jiscs.com) to register for this course and to receive additional course information.

CEUs: Jones Institute courses are 20 continuing education contact hours. Courses are approved for CEUs in the state where the course is held, if the state requires a pre-course approval. Check your state requirements at [www.fsbt.org](http://www.fsbt.org). Jones Institute is an approved provider for the NATA & NCBTMB.

## OTHER OFFERINGS

### **Chakra Weekend Workshop: Seven Windows to the Soul**

Patricia Day Williams, MD

Saturday • April 14 • 9:00 am – 5:00 pm, Sun., April 15 • 9:00 am – 5:00 pm • \$200

The chakra system provides a powerful framework for understanding the body as the voice of the unconscious. Using a rich mix of experiential activities, the workshop introduces seven energy centers in the body that correspond to physical health and psychological and spiritual well-being. Learn how to work with each chakra to change self-limiting patterns and lead a fuller and more balanced life. This program is open to anyone. (12.5 CEUs for yoga teachers). **To register send deposit of \$50 (refundable up until 4/1) to Patricia Williams, MD, 15 W. Caton Ave., Alexandria, VA 22301. For more info, 703-535-3333 or pdw@patriciadaywilliams.com.**

### **Health Begins in the Womb: Understanding Health from a Pre and Perinatal Perspective** ■ Myrna Martin

Sunday • April 22 • 9:00 am – 4:00 pm • \$100 if preregistered, \$125 at the door

Payment in full is expected when you preregister or you can pay at the door

Researchers and practitioners in medicine, cellular biology, neuroscience, somatic therapies, child development, psychotherapy and others are now forming an interdisciplinary approach to work with early imprints that begin in utero, birth and the post natal period. Come learn about this early model of health and what is possible to help people with early difficulties to live fully. New research about the science of epigenetic (how the environment influences our genome) and prenatal attachment will be delineated.

**To register, contact: Kate White, 434-996-2002, katercst@gmail.com.**

**You can register over the internet at belvederearts.com**

### **Thriving Through Conflict!**

#### **Constructive Ways to Resolve Disputes and Increase Productivity**

Susan Levin, Gwendolyn Poindexter Whiting, and Gregg DeM ammos

Thursday • April 26 • 9:30 am – 4:30 pm • \$199 • If you bring someone with you, their cost is only \$99. As an added bonus, each attendee will be offered one hour of private, one-on-one coaching by one of our presenters (a \$200 value) after the workshop.

Conflict is inevitable. When people spend 40 plus hours working together, there's bound to be disagreement. There's no such thing as a relationship without conflict. In this workshop, you'll learn practical and proven techniques to thrive through conflict – to work through disagreement to resolve conflict and increase productivity. This workshop is valuable for managers, business owners and employees at all levels in an organization. What makes it different is during the workshop you'll be individually coached on how to manage conflict. And you'll receive an hour of coaching afterward. You'll also learn how to work with different perspectives and find common ground.

**For more information, please contact Susan Levin at 301-589-6222 or**

**slevin@dialogueforsolutions.com**

## OTHER OFFERINGS

### **Tarot for Your Inner Journey (And Tarot Messages)** ■ Geraldine Amaral

Saturday • June 23 • 7:00 pm—9:30 pm • \$40

Have you listened to your inner voice lately? Please join author and respected/gifted intuitive counselor Geraldine Amaral, as she helps us explore the Tarot archetypes as a path to inner guidance, self-knowledge and as a set of sacred teachings. She will give an overview of the Tarot system, including its connection to Jungian Psychology, how to use the cards for meditation, divination and personal empowerment. Bring your favorite Tarot deck, or decks will be provided. This is a strictly hands-on event. Each participant will receive “messages” from the Tarot's rich imagery as well as tune in to the inner world.

**To register, and for more information go to [www.thespiritualtarot.com](http://www.thespiritualtarot.com);**

**email [geraldine@thespiritualtarot.com](mailto:geraldine@thespiritualtarot.com) or call 703-671-7421.**

### **A DAY OF NONVIOLENT COMMUNICATION**

#### **Going Deeper**

Sunday • June 23 • 9:00 am – 12:00

\$40 – \$120, sliding scale/2+ hours prior NVC training required

So, you've learned the NVC basics and even practiced them for a while. But you've discovered that, while simple to understand, NVC is not always easy to use in your relationships, especially when someone is upset. In this workshop for those who've already attended an NVC intro, we'll explore additional practices for expanding our capacity to remain engaged in our lives (no matter what is going on around or within us), address questions about living compassion at home/work, receive coaching from a certified NVC trainer, and connect with other people who are learning how to integrate NVC into their lives.

**Email [Lynd@capitalnvc.org](mailto:Lynd@capitalnvc.org) for more information or to register.**

#### **Compassionate Communication**

Sunday • June 23 • 1:00 – 6:00 pm • \$70 – \$200, sliding scale/no prior training

Compassionate Communication (also called Nonviolent Communication or NVC) is a way of communicating that allows us to hear the vitality and aliveness in ourselves and others and to express ourselves with greater authenticity and compassion. In this introductory NVC workshop, we'll use large and small group and partner exercises to explore the basic tools of this transformational way of being in relationship and we'll practice applying these to situations from our own lives.

**Email [Lynd@capitalnvc.org](mailto:Lynd@capitalnvc.org) for more information or to register.**

spring<sup>2012</sup>summer