

## PROFESSIONAL TRAINING

### **Touch Skills Training: Advanced Somatic Experiencing** ■ Kathy Kain, M.Ed., SEP; Module 4: September 7 – 10

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

Intermediate I: October 5 – 8; Intermediate II: Nov. 30 – Dec. 3

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. 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)

### **Somatic Freedom Technique – Level One** ■ Kevin Mutschler

Sat. & Sun. • November 17 – 18 • 9:00 – 6:00 pm • \$345; \$295 before October 15

A professional master class intensive in somatic touch skills for: acupuncturists, massage therapists, PT's, energy practitioners, SE practitioners, Yoga and Pilates teachers. Somatic Freedom Technique is an elegant and simple approach to meeting directly and profoundly supporting your patient/client through touch. Level One builds upon traditional qigong somatic freedom cultivation skills and extends these sensibilities to working with patients/clients. SFT develops inner awareness of somatic freedom and, from that foundation, facilitates the movement toward somatic freedom in patients through special hands – on palpation and support techniques.

**Kevin Mutschler, MA, RPP, RPE, L.Ac., Dipl.Ac.** has been working and teaching in the fields of medical anthropology, somatic therapy, polarity therapy, and qigong for over twenty – five years. SFT is a transformative paradigm for understanding and accessing the inherent power of awareness and touch. **15 PDA points NCCAOM, 15 CE Hours pending NCBTMB.**

**To register, call or email to [kevin@prohealing.net](mailto:kevin@prohealing.net). Or go to [www.prohealing.net](http://www.prohealing.net)**

**Crossings**  
A Center for the Healing Traditions  
301-565-4924  
[crossingshealing.com](http://crossingshealing.com)

# Cultivate a conscious presence in daily living

## FREE OFFERINGS

### **Introduction to Somatic Freedom Technique** ■ Kevin Mutschler

**FREE** • Friday • September 7 and 21 • 6:30 – 8:30pm.

For acupuncturists, massage therapists, PT's, energy practitioners, SE practitioners, Yoga and Pilates teachers. **2 CEU/PDA points NCCAOM.**

SFT is a simple and elegant approach to promoting the experience of somatic freedom in yourself and facilitating that experience through touch in your patients/clients. Join SFT founder, Kevin Mutschler, MA, RPP, L.Ac., Dipl.Ac, for an introduction to the mindfulness practices, qigong exercises, and special hands-on palpation and support techniques that are the foundation of SFT. **To register, please email [kevin@prohealing.net](mailto:kevin@prohealing.net) or call 240-461-9300.**

### **Honoring Greek Gods and Goddesses through Sacred Circle Dance**

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

Friday • September 14 • 7:30 – 9:00 pm • **FREE class, Introduction to the series**

Come dance with us—as we honor the ancient Greek gods and goddesses that remain at the center of the Western imagination and have been the inspiration for poetry, art, opera, and dance. Through Sacred Circle Dance we will honor the qualities they embody to see what we can learn from them.

**For registration and information contact [etb@umd.edu](mailto:etb@umd.edu) OR [jwaltondc@yahoo.com](mailto:jwaltondc@yahoo.com)**

### **Living Well in Autumn** ■ Joy Andrews and Rachel Brumberger

Sunday • October 14 • 11:00 am – 12:30 pm

**FREE to the community.** 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. This workshop will include discussions and exercises that enhance our understanding of how to live in alignment with autumn 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)**

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## OTHER OFFERINGS

**Exploring Your Spiritual Path with Tarot and Zen** ■ Geraldine Amaral  
Saturday • October 27 • 10:30 am – 5 pm • \$80

In this unique workshop, we will use the teachings from the Osho Zen Tarot Deck to assist us in seeing reflections of ourselves in a direct and uncomplicated manner. We will use meditation, journaling, and discussion of the images to identify, explore and reverse negative energies that may be hindering our spiritual growth. Each participant will have a reading from the Zen deck and receive a “message.” Bring your favorite Tarot deck, or decks will be provided. The Osho Zen Tarot deck will also be available for use during the class. No knowledge of Tarot or Zen needed (only a willingness to look within, to grow and to contemplate your inner guidance). **To register go to [www.thespiritualtarot.com](http://www.thespiritualtarot.com); email [geraldine@thespiritualtarot.com](mailto:geraldine@thespiritualtarot.com) or call 703-671-7421.**

**Thriving Through Conflict! Constructive Ways to Resolve Disputes and Increase Productivity**

Susan Levin, Gwendolyn Poindexter Whiting, and Gregg DeMammos  
Monday • October 29 • 9:30 am – 4:30 pm  
The cost for the one-day session is \$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.

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](mailto:slevin@dialogueforsolutions.com)**

**Ease Teen Stress: A Workshop for Educators**  
Shira Oz-Sinai, M.A., iRest® Yoga Nidra Practitioner  
Saturday • December 8 • 10:00 am – 3:00 pm  
\$149 • Early registration \$129 (deadline November 1)

Design lesson plans that incorporate tools for overcoming social-emotional barriers to education (such as anxiety, stress, and depression). Learn simple and quick Yoga-based mindfulness techniques to decrease tension and increase concentration, while you too get a chance to release, reflect, and relax!

**More information and to register: [www.AwakenMyHeartNow.com](http://www.AwakenMyHeartNow.com)**

## MOVEMENT & DANCE

**Movement Improvement: Stretch & Integrate** ■ Helen Rea  
Ongoing; Tuesday • 6:15 – 7:30 pm; Wednesday • 10 – 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. 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** ■ Helen Rea  
September 14 • 10:00 am – 12:00 pm; October 1 • 6:30 pm – 8:15 pm  
Advance registration is required. \$75 registered before 8/31; \$90 after 8/31 for 9/14 class. \$75 registered before 9/14; \$90 after 9/14 for 10/1 class.

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 • Sept. 19 – Dec. 12 (no classes on Nov. 21st) • 12 class session • \$225  
6:30 – 7:30 pm New Beginners I (1st section of the form)  
7:30 – 8:30 pm Beginners 3 (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. **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 • September 18 – November 20 • 12 – 12:45 pm • \$125 for series, Drop-in: \$15

Meet your qi for lunch once a week. Explore the world of qigong through the elegant and easy-to-learn Crane Style Qigong. 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.**

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## FREE OFFERINGS

### Free Lectures and Book Signings

John Snyder, Ed.D., Abby Rosen, Ph.D., & David Mercier, L.Ac.  
Monday • October 29 • 7:00 pm – 8:30 pm

**Psychotherapist Dr. John A. Snyder** will speak about his book, *Overcoming Depression without Drugs*. The book challenges the widely held belief that feeling sad or anxious signals a “chemical imbalance of the brain” and examines how cycling between moods is natural and necessary for psychological growth.

**Psychotherapist Abby Rosen, Ph.D.**, will speak about her book, *LASTING Transformation: A Guide to Navigating Life's Journey*, that offers guidance for the journey of deep self-transformation. It offers important insights and effective strategies for developing a strong self, fulfilling relationships, and deep soul-wisdom.

**Acupuncturist David Mercier, L.Ac.** will speak about his award-winning book, *A Beautiful Medicine—A Radical Look at the Essence of Health and Healing*, that emphasizes the role of love, openness, courage, and service in evoking optimal psychological and physical health.

## MEDITATION

**Mindfulness Meditation** ■ Offered by the 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** • Every Monday, Wednesday, and Friday • 7:00 – 8:00 am

**Evening Meditation and Mindfulness Program** • Every Thursday • 7:00 – 9:00 pm

**First Thursdays (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

**What's Your Mantra? An Introduction to Meditation** ■ Geraldine Amaral and James Hodson, Certified Chopra Center Meditation Instructors

Saturday • November 3 • 7:30 pm – 9:30 pm • \$30

You will learn the basics to develop your own meditation practice and have an opportunity to practice meditation using a mantra that you can select for yourself. You can learn to create inner peace through meditation and you can become less reactive in your life. Each participant will select an appropriate mantra, followed by a group meditation. Mantra meditation is for beginner and experienced meditators alike. **To register go to** [www.thespiritualtarot.com](http://www.thespiritualtarot.com); email [geraldine@thespiritualtarot.com](mailto:geraldine@thespiritualtarot.com) or call 703-671-7421.

## OTHER OFFERINGS

**The Secrets of the I Ching** ■ Geraldine Amaral

Saturday • December 8 • 7:30 – 9:30 pm • \$40

This overview class will get you started with the I Ching as both a mystical and practical tool to develop your intuition as well as for guidance along your life path. This is a strictly hands-on class—each person will learn how to “throw” the coins to consult the I Ching as well as learn guidelines on how to interpret the metaphoric language. As the year is coming to a close and as we anticipate new beginnings, this is the perfect time to consult the wisdom of the ages. **To register go to** [www.thespiritualtarot.com](http://www.thespiritualtarot.com); email [geraldine@thespiritualtarot.com](mailto:geraldine@thespiritualtarot.com) or call 703-671-7421.

## PROFESSIONAL TRAINING

**Resource Brainspotting with Attachment and Dissociation**

Lisa Schwarz, M.Ed.

September 28 – 30 • Friday 9:30 am – 6:30 pm, Saturday & Sunday 9:00 am – 6:00 pm

**For more information and to register please go to** [www.lisaschwarz.com](http://www.lisaschwarz.com).

**Help for Your Most Challenging Cases: A Training in Narrative Therapy  
A One-Day workshop of Learning, Practicing and Crafting Unique Skills  
for Working with Children, Adults, Couples and Families**

Presented by the Narrative Therapy Center of the Mid-Atlantic; Guest Speaker:  
Paul Gallant, Ph.D., Mercer University School of Medicine, Macon, GA.

Friday • October 19 • Registration 8:30 am • Workshop 9:00 am – 4:30 pm • 6 CEUs

**For more information, contact Crossings psychotherapist Emory Luce Baldwin at**  
[emory@emorylucebaldwin.com](mailto:emory@emorylucebaldwin.com).

**Restoring Balance & Regulation After Trauma: Trauma Training for  
Acupuncturists** ■ Alaine D. Duncan, Licensed Acupuncturist and Somatic  
Experiencing Practitioner

Saturday & Sunday • Oct 27-28 • 9:30 – 5:30 • 12 PDA's applied for from the  
NCCAOM. Cost is \$250 if registered by October 3, 2012; 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. 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

### Honoring Greek Gods and Goddesses through Sacred Circle Dance

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

Friday (ongoing) • 7:30 – 9:00 pm • Sept. 14 FREE class, Introduction to the series; Oct. 12, Oct. 19, Nov. 2, Nov 16, Nov. 30, Dec. 7, Dec. 14. • \$70 for the series; sign up on Oct. 12 and make checks out to Judith Walton or **\$20 drop-in fee.**

Come dance with us—as we honor the ancient Greek gods and goddesses that remain at the center of the Western imagination and have been the inspiration for poetry, art, opera, and dance. The myths surrounding these figures make clear that in highly exaggerated form, they share the strengths as well as the frailties found in each of us. Through Sacred Circle Dance we will honor the qualities they embody to see what we can learn from them.

We offer old myths to see ourselves and each other with fresh eyes.

For registration and information contact [etb@umd.edu](mailto:etb@umd.edu) OR [jwalthondc@yahoo.com](mailto:jwalthondc@yahoo.com)

## ENERGY HEALING

### Healing Support Circles ■ Kevin Mutschler

Tuesday • September 18 – November 20 • 1 – 1:45 pm • \$125 for 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.**

## HOLISTIC PARENTING

### Mother Voyage: A Group for Moms

Lisa Makstein, LCSW-C & Marla Zipin, Ph.D.

Tuesday • Ongoing • 10:00 – 11:30am • \$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.**

## OTHER OFFERINGS

### Shamanic Journeying Training ■ Monica Cain

Saturday • August 18 • 9:30 am – 12:30 pm • \$40

Are you adventurous? Want to learn how to journey to the Otherworld at will to meet wise and compassionate spirits who will help you live more fully in this world? Then this is the workshop for you! I was trained by the Foundation for Shamanic Studies to teach people how to journey. Please wear comfortable clothing and bring something to lie on, something to cover your eyes, and a notebook & pen. Please abstain from alcohol and other drugs for 24 hours prior to the session.

**Contact Monica to register. Deadline to register: 5:00 p.m., Fri., August 17. Payment due at time of workshop.**

**Monica Cain** earned an M.S. in Counseling Psychology from the University of Southern Mississippi, studied spiritual healing at Takoma Park Metaphysical Chapel, and studied shamanic healing with the Foundation for Shamanic Studies and with Celtic shaman Tom Cowan. She is an experienced author, psychotherapist, shamanic healer and teacher.

**Contact info.: Monica Cain, 1000 Otis St., N.E., #9, Washington, DC 20017;**

**[SpiritwalkerCain@aol.com](mailto:spiritwalkerCain@aol.com); 202-365- 9214.**

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

Saturday • September 15 • 7:30 pm – 10 pm • \$40

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. The class includes an overview of the Tarot system, including its connection to Jungian Psychology, how to use the cards for meditation, divination and personal empowerment. This is a strictly hands-on event so bring your favorite Tarot deck, or decks will be provided. Plus—Each participant will receive “messages” from the Tarot's rich imagery.

**To register go to [www.thespiritualtarot.com](http://www.thespiritualtarot.com); email [geraldine@thespiritualtarot.com](mailto:geraldine@thespiritualtarot.com) or call 703-671-7421.**

### Transformative Guidance: Deepen & Develop Your Intuition ■ J-Lee Newell

Saturday • 10 am – 5 pm • Oct. 13, Nov. 10, Dec. 8, Jan. 5, Feb. 2\*, March 2.

\*In February, class will be held in Takoma Park-metro accessible • \$650

This dynamic series of classes provides you with processes and techniques to enhance your intuitive abilities and receive clear guidance now. We work with the body, mind, and spirit and have a grounded approach to receiving spiritual guidance. You will learn meditative techniques for communicating with your soul, guides and angels; how to ask the right questions and discern answers; psychic protection and management of your energy field; determine your soul purposes; live in the world in a more conscious and empowered way. We will meet one Saturday a month for six months (Oct. – March). Course fee is \$650. Payment plans available.

**To register, go to <http://www.spiritschoolmd.com/>. If you have any questions, please contact J-Lee Newell, 301-706-3384. For information about J-Lee's practice, see [www.jleenewell.com](http://www.jleenewell.com)**