

# Intro to Healing Ground

## 6-Week Course

UNBOUND TRAUMA AND CHRONIC STRESS FROM THE BODY

### *Course Overview:*

This six-week online course offers the psychological and relational aspects of the Realization Process developed by Dr. Judith Blackstone. It introduces participants to transformative somatic exercises designed to enhance embodiment and empathic accuracy. By integrating ancient nonduality practices with contemporary scientific support, the course aims to release chronic stress patterns, emotional wounds, and trauma, fostering resilience, confidence, and a deeper connection to oneself and others.



### *Details*

**August 2 to September 6, 2024**

Meeting Fridays for 6 sessions via Zoom

10:00 am to 11:30 am EST

Live, full-participation course

Synchronous Learning

**9 CORE Continued Education Credits**

Approved by LPCA-GA

Course portal with recordings for any missed sessions. Open to all regardless of profession or meditation experience. Not suitable to those in crisis.

**COST \$400**



### *Who It's For and Benefits:*

- This course is tailored for individuals who are sensitive to the emotions of others, struggle with adapting or holding onto themselves in relationships, or are seeking to deepen their somatic awareness and meditation practices.
- The course is particularly beneficial for those looking to overcome trauma, chronic stress, and relational challenges that inhibit their ability to stay present and embodied.
- Participants will learn to release outdated relational patterns, achieve balance in their body-mind-soul, and embrace their true selves, fostering a sense of liberation from detrimental relational dynamics.

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