



# TRAMA RESOLUTION SKILLS WORKSHOP

Taught by Michael J. Shea, PhD

<http://www.michaelsheateaching.com/>

**April 10-13, 2008**  
Tucson, Arizona

**Cost:** \$525 if registered by March 1, 2008. \$575 thereafter. A \$200 nonrefundable registration fee is due to reserve a space.

**Course Location:** Randolph Park Hotel and Suites, Saguaro Room, 102 N Alvernon Way, Tucson AZ 85711 800-227-6086 <<http://randolphparkhotelandsuites.com/>> Hotel is holding rooms for \$69 and suites with kitchenettes for \$89 until March 10, 2008 for out-of-towners.

**Continuing Education Units (CEU):** The course is certified by the NCBMTB. Each student completing the course receives 26 continuing education hours. Classes are held 9AM 5PM daily.

**For information and registration contact:** Sheila Shea, Director of Intestinal Health Institute Spa and School and the course sponsor, 4427 E 5 St, Tucson AZ 85711, 520.325.9686, [intestines@sheilashea.com](mailto:intestines@sheilashea.com)

**Course Description:** As a result of September 11, 2001 and other world events, stress and/or emotional trauma has increased in our clients. When threatened or injured by shock or traumatic stress, the body and the nervous system respond by dissociating, stiffening and/or collapsing. These unconscious defense strategies immobilize the body and brain to prevent further threat or injury. If these somatic patterns of dysfunction and held stress in the musculoskeletal system are not given an opportunity to reorient to a functional, integrated midline (spinal relaxation, tissue flexibility, etc.) a myriad of symptoms may occur. Some of these are anxiety, depression, insomnia, visceral dysfunction, chronic pain, headache and other adaptive responses. Current research in the field affirms that these are the most intelligent compensations the body can make when in a state of overwhelm.

When skillful observation of the client's autonomic nervous system is made and hands-on work is applied gradually, stored stress in the sympathetic nervous system is given the opportunity to release. Release may be indicated by tissue vibration, body trembling, accelerated heart rate, sweating and other autonomic phenomena.

In this workshop, you will learn a new approach to add to your existing hands-on practice called "neuro-affective touch." This is crucial for the successful resolution of trauma imprinting in the brain and body. Our focus will be practical application of new research with hands-on work to increase clinical effectiveness for a wide variety of musculo-skeletal problems. Note that emotional release work will not be taught.

## **Educational Goals:**

- Understand the stress response between the brain and the body
- Learn the relationship of the autonomic nervous system to the musculo-skeletal system
- Study the neuroscience of the client-therapist relationship
- Recognize the complementary role of hands-on therapies in the treatment of Post Traumatic Stress disorder in conjunction with licensed mental health providers.

**Who May Attend:** This class is appropriate for anyone using massage therapy, colon hydrotherapy, bodywork or craniosacral therapy in their clinical practice. Participants must have some background in anatomy, physiology and the manual therapeutic arts.

**Class Size:** This class is limited to 36 participants. (This allows for a more intimate learning experience and closer supervision by the teaching team.)