



BEFRIENDING THE JOY WITHIN

SOMATIC INTERVENTIONS FOR TRAUMA HEALING

A RETREAT FOR MENTAL HEALTH PROVIDERS

This retreat will provide practical knowledge to boost your somatic-based skills & interventions for both you & your clients.

Participate in lectures covering practical knowledge, evidenced-based interventions and skills for clients, effective treatment planning, and real world application! Get hands on experience with the tools discussed: yoga, gentle movement, mindfulness practices, sensory interventions, and more!

Date: Friday 10/4 - Sunday 10/6

CEs hours: 10 CE hours

(NBCC ACEP No. 7477)

Location: McEwen, TN

Cost: \$800 private room

\$650 shared room

(includes CE's, lodging, meals, & supplies)

Contact for flexible payment options

Presenters:

Holli Ellis, LPC-MHSP

Holli is committed to helping all individuals ease their nervous systems, Holli is mindful of the oppression faced by many oppressed groups and people in larger bodies and works to dismantle these barriers. In addition to individual therapy, Holli incorporates yoga, Reiki, and bodywork into her practice.



Katie Casey, LPC-MHSP-S

Katie specializes in PTSD, chronic pain/illness, and burnout. She has extensive expertise in EMDR, mindfulness skills, DBT skills, and other somatic-based interventions. Katie is passionate about helping both clients and professionals connect the body and brain to foster healing.

More Information & Register: www.abundanthopetherapy.com/retreats

Questions: katie@abundanthopetherapy.com

