MIND-BODY COACHING
(LIVE ONLINE)

Working with Chronic Pain, Anxiety, Stress and Deepening Inner Guidance

BEGINNS:
September 30, 2020

ENDS:
November 11, 2020

WEDNESDAYS:
1:00pm - 2:30pm

FACULTY:
Melanie Nevis

PROGRAM FEE:
$800
$750 GISC Member

CE HOURS
12.5

This program introduces an innovative integration of Gestalt principles, mind-body traditions, leading-edge neuroscience and personal coaching. These new frontiers in Mind-Body healing can have life changing results, where other traditional and non-traditional approaches have failed. It is designed for practitioners who would like to integrate this approach in their work with clients and individuals who would like to explore it for their own healing and growth.

Join us on a journey exploring the exciting field of mind-body coaching and the new frontiers in mind-body healing.

The benefits of this mind-body approach can open whole new possibilities for leading your life from a place of inner guidance and clarity, creating more resilience, peace, self compassion, joy and well-being.

The program is particularly helpful for somatic or pain issues such as chronic back or neck pain and other musculoskeletal pain, fibromyalgia, tension headaches, repetitive stress injuries, IBS, TMJ and other pain syndromes and somatic symptoms; decreasing stress, anxiety, insomnia, overwhelm, and feeling stuck; and stress-affected illness, where improved stress response can improve your health. This approach not only addresses physical challenges but attends to your whole mind-body-spirit connection, leading to greater self-awareness, inner guidance, emotional wisdom, resilience and well being.

Program meets weekly beginning on September 30, 2020. There are seven weekly sessions PLUS two individual coaching sessions. Classes will be recorded and provided to any participant who cannot attend all sessions live.

Participants

The program is suggested for practitioners who work with clients who have chronic pain, anxiety, overwhelm or stress that is affecting their quality of life and/or clients that are sensitive to the emotions and energy in the environment and it shows up in their bodies with somatic symptoms. This program is also appropriate for those who experience these issues themselves.

Benefits

In a supportive environment, you will:

• Explore how thoughts, emotions, body awareness, and psycho-physical habits affect your nervous system, stress, chronic pain and somatic symptoms

• Learn specific skills to increase awareness, decrease pain, change neural pain pathways and lessen anxiety and stress

• Understand basic research and neuroscience that supports this approach, and explains TMS and Mind Body Syndrome pain or symptoms

• Discover new pathways to inner wisdom, awareness, and clarity in all areas of life

• Explore the relationship of trauma and high sensitivity to pain, somatic symptoms, stress and overwhelm

• Learn how to transform your relationship to yourself- by re-associating in your body, powerful self compassion and deepening your inner guidance

• Explore opening to your deepest inner wisdom to find unexpected ways to gain clarity, resilience, peace, self-compassion and well being