

ALIZE TIMMERMAN

February 5 - 8, 2009

The Sunrise Center, 645 Tamalpais Drive
Corte Madera, California 94925

HOMEOPATHIC TREATMENT OF TRAUMA

Mind/Body/Spirit in Crisis

The human being in crisis – when a trauma occurs the body has a number of different ways of responding, all designed to remove itself from the trauma in short order, ranging from complete numbness or dissociation to hyper vigilance and hyper acuity of all senses. Each strategy brings with it its own felt sensations and consequences. It is as if one part of the person deals with the trauma, and other parts are relegated to being 'functional' in every day life. As homeopaths, we need to comprehend these various survival strategies and to know these felt sensation in order to be able to treat traumatized clients and to bring wholeness into that fractionated self.

Emphasis will be on those symptoms and remedies which can effect that healing, that re-integration of the whole person. Plant and animal remedies are especially useful in many of these situations. A wide variety of remedies will be discussed. The *Compositae* and *Umbelliferae* are well-known and important plant groups for trauma: *Arnica*, *Calendula*, *Bellis perennis*, and *Chamomilla* playing big roles, but other remedies such as some Lacs, including *Lac leoni* and *Lac lupinum*, also have prominence.

Issues to be covered:

- Which energies get blocked through traumatic experiences?
- What is the true origin of the unconscious stress in your body?
- What makes us feel as if we are in trauma?
- What is the core sensation on which we must prescribe?
- How can we appropriately help people go through the trauma to come back to their own path?

Alize will do some experiential work every day to help us feel the discussed sensations in our own bodies. She will also make links between her work and Sankaran's sensation method to model her own brand of integrated homeopathy.

Alize needs no introduction as she has been a much loved teacher world-wide for 25 years. For more information about Alize, go to:
www.hahnemanninstituut.nl

Cost for the workshop is \$575 - (Early Bird before January 1 is \$500)
Check, VISA, Mastercard accepted. Information on local lodging will be provided on the Website.

Name _____

Address: _____

City: _____ State _____ Postal Code: _____

Telephone: _____

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Number: _____

Expiration date: _____

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