AST Model’s Breakthrough Shame Resolution Approach
Coming to TORONTO, CANADA

Caryn Scotto d’Luzia, MA, SEP, is an innovative somatic facilitator, educator and trainer. Author of Alchemy of Shame Transformation for Therapists and Healing Professionals, she is the developer of AST Model of Holistic Shame Resolution®. This neurobiologically principled, attachment-based approach specializes in chronic shame relief and resilience, healing shame-based early trauma, need-based attachment re-patterning, and life-affirming authentic self-expression and empowerment. It is fast becoming the gold standard approach in the field of shame relief worldwide.

Learn more: www.re-embodylife.com/about

Who Should Attend?
Mental Health, Healing & Helping Professionals, Social Workers, MFTs, Counsellors, Psychotherapists, Coaches, Somatic Experiencing Professionals & Somatic Clinicians

Learning Highlights
- Discover how shame first forms in the body
- Learn 3 keys to shifting shame gently & powerfully
- Take away embodied exercises to offer clients
- Gain confidence in navigating another person’s shame shift

CEs
US Professionals Psychotherapists, MFTs, LPCs & Social Workers EARN 21 CEs
Canadian Professionals Application submitted for CEUs through the CCPA
Canadian Counselling and Psychotherapy Association

Training Hosted by:
traumatrainings FROM THE REFUGE

I am grateful. What AST Model offers has been a missing piece for me; it has been life-changing personally and with my clients.”

Cheryl, Therapist

REGISTER
https://www.re-embodylife.com/canada/

MORE INFO
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