

AST MODEL[®]

Shame Resolution & Resilience

empower worth and belonging

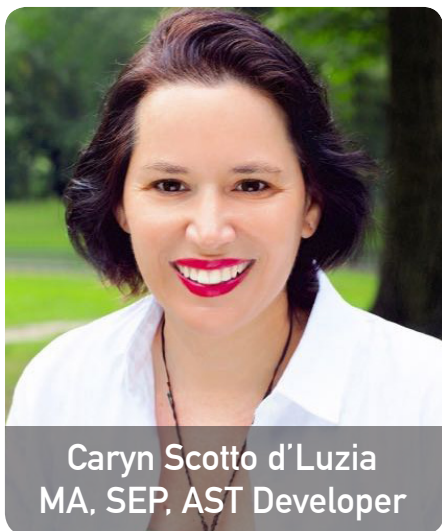


"I am grateful. What AST Model offers has been a missing piece for me; it has been life-changing personally and with my clients."

Cheryl, Therapist

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

3 Day Professional Weekend Training, Nov 2nd - 4th, 2018.



Caryn Scotto d'Luzia
MA, SEP, AST Developer

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

Training Hosted by:

traumatrainings
FROM THE REFUGE

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

REGISTER

<https://www.re-embodylife.com/canada/>

MORE INFO

877-640-7337
info@re-embodylife.com