



# *Recovering from Trauma*

Feldenkrais Introduction  
for Mental Health Professionals  
with Donna Ray March 28, 2014

The brain is a living system that is open and dynamic. An open, flexible, dynamic system displays the ability to integrate its parts harmoniously, while in times of stress or trauma it appears to disintegrate or become chaotic. The Feldenkrais Method heals post traumatic stress through integration. It frees us from the rigidity, chaos and fear caused by stress and trauma. Integration takes place when all of the parts of the brain/nervous system, body/mind work together in harmony.

Hope, capability, connection to ourselves and to others is restored. We laugh easily, feel energetic, and experience flexibility in our minds, our emotions, and our bodies. We breathe easily, act spontaneously, and feel connected to our community. We recover, become balanced, integrated, and experience vibrant health. Regaining the ability to respond in the present moment creates personal and social well-being.

The therapist's most important tool is herself. Participants in this seminar will benefit personally and professionally. Learning to be strongly present, to hear, see, sense, feel, and communicate clearly facilitates the best therapeutic outcome. Practicing the Feldenkrais Method allows the therapist to experience integration and to share this state with clients.

*A powerful application of the Feldenkrais Method and interpersonal neurobiology.*

*The Feldenkrais Method utilizes the latest neurophysiological methods in an easy to use system. It can benefit patients with specific problems and everyone who seeks tension reduction.*

—Jeffery K. Zeig, Ph.D., Director, Milton H. Erickson Foundation

**Donna Ray, M.A., M.F.T.**

is a highly experienced Feldenkrais Trainer and has taught internationally in numerous training programs. Donna has a Master's degree in Psychology and is a licensed Marriage, Family and Child Counselor. She is director of the *Feldenkrais Institute of Southern California* and a member of Dan Siegel's *Mindsight Institute* in Los Angeles where she studies Interpersonal Neurobiology. Donna is certified by the California Board of Behavioral Science Examiners as a hypnotherapist specializing in Ericksonian Hypnotherapy. She completed a one-year internship in Art Therapy and has studied Expressive Arts.

Over the past 28 years, Donna has maintained an active private practice in California and she is the Educational Director of the upcoming Feldenkrais International Training Program *Wien 2015* in Vienna.

**Friday, March 28, 2014**

**10.00 – 17.00**

**Price: € 120,- incl. 20% VAT/MwSt.**

**Teaching language will be English.**

**Registration**

Georg Miedl

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