

Workshop Title: The Healing Power of Contact and the Beauty of Good Boundaries

Workshop Presenter: Rita Berglund

Workshop Outline

- 1)** What is “contact” and how does that relate to development and trauma.
 - a. Development stages and the creation of a sense of self
 - b. The Power of Food, Touch and Movement
 - c. The difference between guilt and shame
 - d. The Three Centers of Intelligence and the nature of traumatic memory

- 2)** What are “contact boundaries” and how do they relate to trauma and healing
 - a. Boundary violations
 - b. We are wounded in relationship and we heal in relationship
 - c. The difference between compassion and empathy

- 3)** Beauty and Goodness and Healing.
 - a. Being real and authentic
 - b. The difference between Glamour and Beauty