



***Matrix: Something within which something else originates or develops***

## **Forming The Healing Matrix Creating Safety, Attunement, & the Healing Relationship**

Daylong Workshop with Thomas Pope, MFT

**SATURDAY, AUGUST 29, 2009  
10:00 AM – 5:00 PM  
SANTA ROSA, CA**

**\$120 IF REGISTERED BY AUGUST 21  
\$145 AFTER AUGUST 21 OR AT THE DOOR**

**6 CEU'S FOR MFT'S & LCSW'S (PCE# 4150)**

In this workshop we will explore Applied Somatics techniques for developing the healing environment and the container for resolution, growth, and new possibilities.

You Will Learn:

- how to use mind-body integrated skills for creating a sense of safety for client and for client/therapist relationship
- mindfulness-based and other experiential tools for how to attune with clients
- how to balance a sense of safety with therapeutic risk
- how to help clients develop centering and grounding skills
- how to use the body experience in psychotherapy
- how to regulate emotion when addressing traumatic material



**Thomas Pope, M.A., MFT #21126** is a psychotherapist and the co-founder and Clinical Director of the Lomi Psychotherapy Clinic in Santa Rosa, California. He has been practicing mindfulness meditation for over thirty years. In his work he uses meditation practices and therapy processes that use the bodily experience as a vehicle for awareness and transformation.