



## Opening your Heart: Lifting the Burden of Stress from your Body

In this six session therapy group facilitated by psychotherapist and Certified HeartMath practitioner, Carolyn Dechaine, LMSW, we will look at our existing patterns of stress response and consider strategies for improved resilience. The group will include learning tools to support change in your baseline physiological and psychological health. Our focus will be shifting stress-induced depletion to heart-centered vitality. Following is an overview of the sessions:

**Session #1: (7/14)** We will explore questions about how you currently experience stress such as: What are the sources of stress in your life? How do you recover from stresses, big and small? Where in your body can you feel the effects of stress?

**Session #2: (7/17)** Group members will share from their journals, and we will respond to the content that arises from what members share. We will consider how feelings of safety and threat are experienced in the body, particularly in the nervous system.

**Session #3: (7/21)** We will discuss the capacity we have to effect our own feeling states and explore some ways to change how we feel for the better. Group members will share their observations of themselves and their goals.

**Session #4: (7/24)** Group members will be invited to share with the group what some of the positive emotions are that they can or cannot access, and we will explore the content that comes up from what is shared.

**Session #5: (7/28)** We will discuss group members' observations of shifts within themselves, and any obstacles and challenges they are encountering. We will discuss group members' somatic observations of themselves during the week, and support each other's movements toward positive change.

**Session #6: (7/31)** We will identify long-term goals and strategies to take away from the workshop. Group members will prepare to extend what they have learned to at least one other person in their lives.

Please bring a journal to write in and something to write with to each session. Please note that there will be practice homework to do on your own between each session.

**Thursdays: July 14, 21, 28**  
from 6:30 - 8:30pm &  
**Sundays: July 17, 24, 31**  
from 10am - 12pm

**8 Scholarships available**

**Apply for Scholarships online**

**Call 471-1184 for more details**

**Registration Deadline: June 30**

**Classes will be held at**  
**Santa Fe Soul Health & Healing Center**  
**2905 Rodeo Park Drive East Bldg. 3**