

## CALMING AND GROUNDING CLIENTS IN DIFFICULT TIMES ONLINE TRAINING COURSE

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Having to hold space for clients in the midst of a pandemic that we're also experiencing presents a unique challenge for us as helping professionals. Individual and collective anxiety is high, and we're striving to maintain attunement and provide comfort and calm, despite the inherent difficulties of doing so in Telehealth sessions.

In this online course - co-sponsored by BraveHeart Retreats and Action Institute of California - we will offer effective tools from body-based methods, such as Somatic Experiencing, Reiki, and Psychodramatic Bodywork, that translate well to Telehealth sessions. We will focus particularly on teaching tools that helping professionals can also teach to their clients in order to expand their resources and help them remain more present.

**Limited to 15, so please register early.**

### DATE AND LOCATION

Friday, March 27 from 2-3 pm PDT (3 MDT/4 CDT/5 EDT)  
Online via Zoom (Link will be sent upon registration)

### FEE:

\$85


### FOR FURTHER INFORMATION OR TO REGISTER:

Please visit [www.braveheartretreats.com](http://www.braveheartretreats.com), call (310) 744-5257, or  
e-mail [admin@braveheartretreats.com](mailto:admin@braveheartretreats.com)

### CONTINUING EDUCATION CREDITS:

Course meets the qualifications for a total of 1 hour of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs. CAMFT approved CE Provider #123417. Provider approved by CCAPP-EI, Provider Number 2N-10-135-0222 for 1 CEH. Approved for 1 CEH for Psychodrama and for Experiential Professionals (ISEP).

Please visit our website at [braveheartretreats.com](http://braveheartretreats.com) for  
cancellation and grievance policies, educational goals, special needs accommodation and  
information regarding issuance of course completion documents.



**Facilitator: Jean Campbell, LCSW, SEP, CET3, TEP** is a Licensed Clinical Social Worker, a Board Certified Trainer and Practitioner of Psychodrama, Sociometry and Group Psychotherapy, a Somatic Experiencing Practitioner®, a Practitioner and Trainer of Psychodramatic Bodywork®, and earned a Certificate in Positive Psychology from the Wholebeing Institute. With 25 years of clinical experience focusing on addiction recovery, trauma resolution and somatic psychotherapy, she provides ongoing Training Groups for Professionals, BraveHearted Leadership Retreats, personal growth workshops and intensives for individuals, couples and families, staff training and team building. Jean uses action to effect change, creates safe spaces for people to do their own healing work and believes that what we can't do alone, we can do together.