



ROBIN SHAPIRO TRAINING

EASY EGO STATE INTERVENTIONS



Join Lionheart Foundation as Robin Shapiro provides training on "Introduction to Ego States: Functional Roles and Developmental States, Trauma/Broken-Attachment Based States, Dissociative States, and the States that Live in Clients and in You."



April 24 – 26, 2019 | 8:30 am – 4:30 pm

CNIB Calgary Building – Training Room – 10 11A Street NE

<https://lionheartfoundation.ca/upcoming-events/>

The workshop includes the following training and experiences:

- ♥ Distinguishing Healthy/Flexible and Dissociative Ego States and Mapping Your Own
- ♥ Overview of Ego State Interventions
- ♥ Identifying Vagal States
- ♥ Using and Practicing Embodied Ego State Interventions
- ♥ Clearing Trauma (Includes Practice)
- ♥ Reviewing the Theory of Structural Dissociation
- ♥ For EMDR practitioners, distinguishing when to do EMDR, when to do ego state interventions and when both are the treatments of choice
- ♥ Tools to work with sexual abuse, and then bringing back healthy current sexuality
- ♥ Working with attachment issues, including practicing April Steele's "Building a Secure Self"
- ♥ Couples Therapy
- ♥ Calming Over-Active Immune Systems, Multiple-Chemical Sensitivity
- ♥ Pain Protocol
- ♥ Shame (Includes Practice)
- ♥ Resourcing (Includes installing your own "team")
- ♥ Healing Personality Disorders
- ♥ Working with Dissociative Identity Disorder