

When words are not enough....

# *Awakening Body Wisdom*

for Resolving Traumatic Patterns  
with **Tannis Hugill** RCC, RDT, ADTR

**Do you want :**

- to feel safe and fully present with yourself and others?
- to feel at ease and comfortably connected to your body?
- emotional stability and peace of mind?

Trauma is an assault on our being, an overwhelming, life-threatening experience, in which a person feels abandoned and helpless. Scientific research in neurobiology shows that whatever the cause, traumatic experiences are encoded in the primitive parts of our brains and split off from our conscious awareness, our thinking mind. This explains why the survivor can feel like their ability to manage a normal life is unpredictably hi-jacked by such symptoms as flashbacks, dissociation, and intense emotional and physical states, all of which are experienced in the body.

**Often words alone are not enough for healing, the body-mind needs to be engaged.**

Body oriented trauma therapy can increase our ability to live a healthy, satisfying life because it understands that our bodies, minds, emotions and spirits are completely inter-related.

A phase-oriented treatment encourages all parts of the self to heal. The process is carefully paced so each step can be integrated into a growing foundation of strength.

**By bringing compassionate, mindful attention to the body 's language of sensation and movement in a safe, supportive and collaborative environment, participants learn to:**

- develop strengths and resources
- create more inner stability
- reduce distressing symptoms
- maintain a comfortable, alert level of energy
- rebalance the nervous system
- manage painful emotional and physical states to make more positive choices
- process traumatic memories to gain a new sense of mastery and personal meaning
- reconnect with relationships and work to have a more fulfilling life

**For:**

Individuals and groups

Adults and youth

Tannis Hugill has had over fifteen years working with survivors of trauma in psychiatric hospitals and private practice. She has practiced somatic approaches to healing trauma since 1997 and has completed the Sensorimotor Psychotherapy Trauma training. A registered dance and drama therapist, as well as spiritual director, she integrates this training to strengthen our innate, creative healing wisdom.

Call to receive a free phone consultation

Or check the website: [awakeningbodywisdom.com](http://awakeningbodywisdom.com)

Fees may be reimbursed through your  
Extended Health Benefits Plan

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