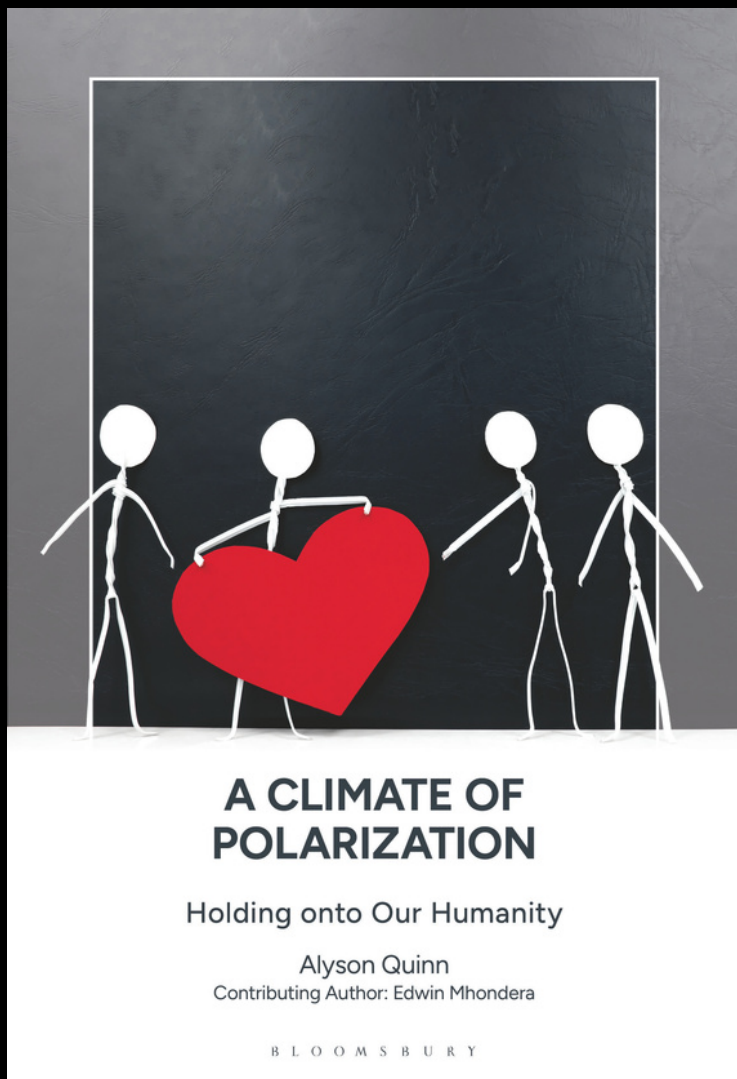




HEALING IN POLARIZING AND UNCERTAIN TIMES A Climate of Polarization: Holding onto Our Humanity

A book + three-part Zoom workshop
series with Alyson Quinn

WORKSHOP DETAILS

DATE	Oct 8, Oct 15 & Oct 22
TIME	6.30PM-8.30PM (PST) - Zoom
COST	\$75/Workshop or \$180 for all 3

“Unhealed trauma damages our capacities for presence and embodiment and harms our ability to relate and connect with others in a healthy way”

Hubl, T. (2020) p. 10.

[Register Through Eventbrite](#)

[Book Link + 35% Code](#)

**Hubl, T. (2020). Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds. Sounds True, Boulder, CO.*

Three Evenings of Healing Practice

01

Thursday, October 8th - 6.30-8.30 PM (PST) ZOOM

Individual Healing

Learning objectives: This workshop will explore barriers to individual healing, provide an opportunity to develop a personalized template for individual healing and a toolkit that will assist in one's own healing process.

Topics covered: Internal barriers, emotional attunement, somatic attunement, lifestyle, tools and techniques for healing.

02

Thursday, October 15th - 6.30-8.30 PM (PST) ZOOM

Collective Healing

Learning objectives: This workshop will explore barriers to collective healing, experience collective healing in a group process, develop personalized goals and insights from the collective process to aid in overall healing.

Topics covered: Barriers to collective healing, developing a metaphor and image through Experiential Unity model for collective healing, building knowledge re tools and techniques for collective healing.

03

Thursday, October 22nd - 6.30-8.30 PM (PST) ZOOM

Intergenerational Healing

Learning objectives: This workshop will explore inter-generational trauma legacies, somatic attunement related to intergenerational trauma and explore healing related to inter-generational trauma.

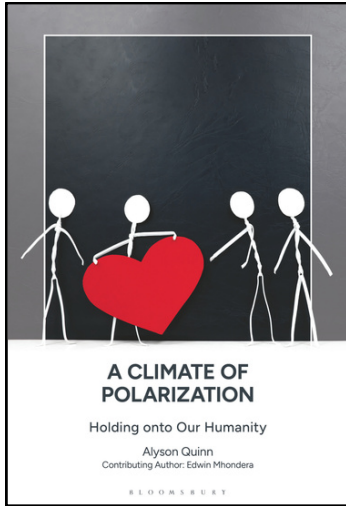
Topics covered: Personal inter-generational trauma legacies, understanding the impact, somatic work, learning ways to heal and release inter-generational trauma.

[Register Through Eventbrite Here](#)

\$75 per workshop • \$180 for all 3 workshops

A Climate of Polarization: Holding Onto Our Humanity

Book + Facilitator



A Climate of Polarization Holding onto Our Humanity

Alyson Quinn

*Use the following discount code to **save 35%** on
bloomsbury.com/9798216366263

GLR AT8



AUTHOR & FACILITATOR

Alyson Quinn

Alyson Quinn (MSW) has been an adjunct professor at UBC School of Social Work for 7 years and has recently taught in the Department of Educational & Counselling Psychology. She has been a counsellor for 30 years specializing in group therapy, trauma therapy, and conflict resolution. She is a clinical counsellor with a master's degree from the University of British Columbia and a Diploma in Conflict Resolution from Royal Roads University.



Alyson has taught students in a Trauma Informed Counselling class, in a Group work class, and in Social Work Integrative Seminars and has a great deal of experience as an individual and couple's counsellor. Alyson is the Director of the Trauma informed Practice Institute where she delivers, along with colleagues, workshops on Trauma informed Practice.

She is an author of 7 published books and a chapter in *Holistic Engagement: Transformative Social Work Education in the 21st Century* where she outlines her pedagogy for an Integrative Practice. Her self-help book, *Heal Trauma: How to Feel it, Unlock Patterns and Release It* can be found on the websites below. Her latest book *A Climate of Polarization: Holding onto Our Humanity* is available through the link provided above.

www.alysonquinnwrites.com • www.traumainformedpracticeinstitute.com