

THE MIND/BODY CONNECTION:

Enhancing your body's ability to heal, and function optimally

A workshop in two sessions: October 3rd & 31st, 9AM-1PM

Presented by
Stephen Sideroff, Ph.D.

Stress, as well as physical and emotional holding patterns cause muscle tension and nervous system reactivity and imbalance. This impacts physical symptoms and interferes with healing as well as optimal functioning.

Pain and other symptoms can also be maintained unconsciously as a distraction from emotional issues. By addressing the underlying issues and coping better with stress, the body is able to let go more readily. This improves blood flow, effects biochemical balance, improves physical health, and enhances performance.

This workshop will help you cope better with stress as well as recognize and release emotional and physical holding patterns. Thus your body will be more resilient, and heal better. Discussion, along with experiential work will facilitate self-awareness, development of healthy thinking patterns, emotional release and body self-regulation. This workshop addresses:

- ◆ **The connection between emotions, stress and physical symptoms including pain**
- ◆ **Identifying and resolving emotional holding patterns and unfinished business**
- ◆ **Introduction to relaxation and biofeedback techniques**
- ◆ **Coping with stress and correcting the chronic imbalance of your nervous system**
- ◆ **Redesigning your body's "Fight or Flight" response to enhance resilience**
- ◆ **Dealing with anger and depression**
- ◆ **Destructive patterns such as perfectionism, obsessiveness, and addictions**
- ◆ **New and more effective ways of thinking and controlling thoughts**
- ◆ **Creating your personal program for healing and optimal functioning**

Workshop includes your own "Resilience" packet that includes 4 CDs, guidebook, simple biofeedback monitor and health cues.

Location: 1620 26th Street, Santa Monica

Fee, \$95 for each session

Stephen Sideroff is clinical director of Moonview Sanctuary, in Santa Monica, and an assistant professor in the Department of Psychiatry and Biobehavioral Sciences at UCLA's School of Medicine. He has presented training workshops around the world. Dr. Sideroff was founder and former director of the Stress Strategies Center at Santa Monica Hospital and the author of numerous articles, chapters and audio programs in behavioral medicine and optimal functioning.

For more information or to register, call Dr. Sideroff: **310-828-1113, or email: Sideroff@UCLA.edu**