

# TRANSFORMING ANXIETY & DEPRESSION:

## The Healing Power of Resonant Language and Nonviolent Communication

MARCH 27-29, 2020

\$380 for all three days

The Hutchinson Center  
80 Belmont Avenue (Route #3)  
Belfast, Maine  
*Lunch included*

### DID YOU KNOW THAT

- ▶ the human brain is **able to grow** and become more **integrated** no matter what your age or past experiences?
- ▶ the **language we use** can **transform** the way the brain holds its **memories**?
- ▶ every experience of **effective empathy** **helps** the brain **recover** from trauma?

Deeply rooted in the science of Interpersonal Neurobiology (IPNB), CNVC Certified Trainer and internationally published author Sarah Peyton offers **three days** of learning experiences that help participants **integrate** an understanding of trauma and how to work with it. Both Nonviolent Communication (NVC) and **recent findings in the field of neuroscience** will be included to support the participants in experiencing **why and how resonant language works to heal brains**. The workshop is fully **interactive** and will consist of practical, applicable theory, demonstrations and practice.



For more information about Sarah, visit: [empathybrain.com](http://empathybrain.com)

### *Continuing Educational Units:*

*We will be offering a Certificate of Attendance.*

*We will maintain the necessary documentation for those applying for professional contact hours. Also, General CEUs from University of Maine will be available.*

## WHY MIX NVC AND NEUROSCIENCE?

Developing clarity about the way we use language and how we affect one another brings relief to brains coping with past trauma and current day anxiety and depression.

## WHAT BRINGS RELIEF?

Anxiety and depression are the intrusion of unhealed moments from the past into the present. The brain believes that all of our unhealed memories still exist in present time. And from the new understandings in brain research we now have a map for healing, repairing and integrating the parts of the brain that are required for emotional stability under stress and successful interrelationships.

## YOU WILL INTEGRATE:

- ▶ Knowledge and information of **how our brains work**
- ▶ An understanding of the **contribution of trauma** to anxiety and depression
- ▶ Experiences of the **transformation** that resonance brings to brains that are struggling
- ▶ Reflections on **how to use this knowledge** and skills after the workshop

- SPACE IS LIMITED -

**REGISTER FOR THIS EVENT ONLINE:**  
<https://www.clarityservices.us/events/>

*For more information:*  
207-789-5299 / [peggy@opencommunication.org](mailto:peggy@opencommunication.org)

## SPONSORED BY:

### Clarity Services, LLC - [ClarityServices.us](https://www.clarityservices.us)

At Clarity Services, LLC we understand that groups of people working together face many challenges and we specialize in offering basic tools and skills that will not only get you through a time of challenge, but will also improve the effectiveness of your group process going forward.

### Maine Resilience Building Network [MaineAces.org/wp/](https://MaineAces.org/wp/)

Our Mission is to promote resilience in all people by increasing understanding of the impacts of traumas and stressors such as Adverse Childhood Experiences (ACEs) and the importance of protective factors like positive relationships. We focus on comprehensive, cross-sector and systematic approach to foster education, awareness and action.