

# **“Healing Your Childhood Trauma” Intensive**

Based on the Treatment Process Developed by Pia Mellody

**In Boston Area**

Facilitated by

Jan Bergstrom, LMHC, and Laura Blundo, ACC

“Healing Your Childhood Trauma” is a 3-day long workshop that investigates the origins of adult dysfunctional behaviors. In this innovative educational and experiential process, participants learn to identify and address those early childhood issues, which have fueled various addictions, depression, eating disorders and painful relationships. The program is not about blaming caregivers; it is about getting in touch with the feelings that follow any less-than-nurturing event, which occurred in the past, and resolving the grief and pain. The “Healing Your Childhood Trauma” Workshop is separated into four parts:

**Getting Your Story Straight Process** - This process consists of delving into the past and recalling any difficult memories and/or abusive childhood experiences and connecting to those feelings. It involves understanding the family system and getting a clearer map which creates clarity on those historical patterns or woundings and how they show up today.

**Re-parenting Your Historical Selves Process** – Using mind’s eye work, participants connect to their younger parts by affirming, nurturing, giving guidance and setting limits. Through this process, it cultivates and grows the “Functional Self” which creates healthy re-parenting by healing these historical selves.

**Standing in Your Truth** – Using the “empty” chair, participants stand in their own truth or reality by addressing their parents and perpetrators. Through this process and by using body-based interventions to release energy and feelings, empowerment is realized. It is not about blaming caregivers but holding them accountable and the “rightful assignment of responsibility.”

**Ongoing Work and Empowerment Strategies** - Participants will receive a set of strategies, tools, and resources to make permanent these empowering principles in their daily lives.

**Workshop Cost \$1500.00**

**Limited to 4 participants**

**Starts Thursday and Ends Saturday**

**From 9am until 6:00pm**

21 Randolph Street

Arlington, MA 02474

Jan Bergstrom, M. Ed., LMHC has been trained in Pia Mellody’s Post Induction work for the last 20 years and uses this model when facilitating “Survivors” workshops and working with clients with trauma. She has also trained for 6 years with Terry Real and learned to work with couples using Relational Life Therapy. Jan is a therapist in private practice for 27 years and works with individuals and couples. She is also a Somatic Experiencing Practitioner.

Laura Blundo, ACC is a certified Relationship and Life Coach. She has been blessed to train alongside with Terry Real and Jan Bergstrom a protégé of Pia Mellody and learn some of the best therapies available. She has been supervised by Jan Bergstrom, LMHC for the past 10 years and worked with her in these intensive workshops. She has been in private coaching practice for 10 years.