

A 4-WEEK EXPERIENTIAL GROUP PROGRAM

Healing the Whole Self:

Integrating & Restoring with an Energetic Component

Exploring Evidence-Based Trauma Modalities with Guided Healing Experiences

Kirsten Winter, LMFT
LICENSED MARRIAGE & FAMILY THERAPIST

Sara Pepoyan
ENERGETIC HEALER

STARTS	DAY & TIME	DURATION	FORMAT
June 5, 2026	Fridays, 6:00 PM	1.5 hours / session	4 Weeks

Trauma lives in the body, mind, and energy field. This four-week group program offers a compassionate, experiential journey through today's most effective trauma healing approaches. Each week, you'll gain a deeper understanding of how trauma shapes us — and directly experience a guided healing process designed to help you integrate, restore, and move forward.

WEEK ONE · JUNE 5

Understanding Trauma in Mind & Body

Image Transformation Therapy (ImTT)

Founded by Dr. Robert Miller

We begin by exploring the foundational science of trauma — how it shapes your nervous system, memories, and physical experiences. Understanding the "why" behind your responses creates the ground for healing.

You'll be gently guided through the individual ImTT process, a powerful method that works with the brain's own imagery to shift the emotional charge of painful memories — often with rapid, lasting results.

Sound Bath & Guided Visualization

Inner Rewriting & Future Self Embodiment through the seven energy centers of the body.

Carries the imagery work forward, allowing participants to not only reshape internal images but step into and embody the new narrative.

Format: Didactic + Guided Experience

Focus: Psychoeducation, Nervous System

WEEK TWO · JUNE 12

Eye Movement Desensitization & Reprocessing

EMDR 2.0

Founded by Francine Shapiro

One of the most extensively researched trauma treatments available, EMDR helps the brain reprocess distressing memories so they lose their grip. This week introduces the theory behind bilateral stimulation and its role in healing. You'll be guided through an adapted group EMDR healing process — experiencing firsthand how this modality can bring a sense of calm and resolution to memories that once felt overwhelming.

Sound Bath & Guided Meditation

Nervous System Reset & Deep Grounding.

Supports stabilization after deep neural processing, helping the body regulate and integrate the experience in a safe, grounded state.

Format: Didactic + Guided Experience

Focus: Memory Reprocessing

WEEK THREE · JUNE 19

Brainspotting

Brainspotting

Founded by Dr. David Grand

Born out of EMDR, Brainspotting takes healing even deeper — using specific eye positions to locate where trauma is held in the body and accessing the brain's subcortical regions where words cannot reach.

In a Brainspotting session, you stay attuned to your inner body experience while holding a gentle gaze point. This allows the brain and nervous system to process and release stored trauma at its root — naturally, and at its own pace.

You'll be guided through a full Brainspotting healing experience in a safe, supported group setting, learning to trust your body's own wisdom as the guide.

Sound Bath & Guided Yoga Nidra Meditation

Body Awareness & Subconscious Release.

Extends the nonverbal, body-based processing by guiding awareness inward, allowing for continued subconscious release and integration.

Format: Didactic + Guided Experience

Focus: Subcortical Processing

WEEK FOUR · JUNE 26

The Healing Power of Touch & Calm

Havening Techniques

Founded by Dr. Ronald Ruden

Havening uses gentle, self-applied touch on the face, arms, and hands to generate delta brain waves — calming the amygdala and helping the brain permanently depotentiate traumatic memories.

This final week ties together everything you've learned. You'll experience a full Havening process and leave with a portable self-care tool you can use anytime to regulate your nervous system and reinforce your healing.

Sound Bath & Guided Heart-Centered Meditation

Affirmations for Safety, Calm & Positive Anchoring.

Reinforces feelings of safety and calm while anchoring positive emotional states through repetition, resonance, and heart-centered focus.

Format: Didactic + Guided Experience

Focus: Self-Regulation, Integration

INVESTMENT

\$396 (\$99 per session)

This is a complete healing journey — full attendance of all four sessions is kindly required to honor the depth and continuity of the work.

SESSIONS

4
Fridays, 6 PM

Metta Meditation & Yoga Studio

3305 N Verdugo Rd, Glendale, CA

WHO THIS IS FOR

- Adults navigating trauma or PTSD
- Those curious about somatic healing
- Anyone feeling "stuck" in their recovery
- Anyone wanting to experience different brain based therapies

WHAT TO EXPECT

- Small, supportive group setting
- No prior therapy experience needed
- Psychoeducation each session
- Practical tools to take home

Space is limited. Reserve your place and register below.

If you have any questions please contact Kirsten Winter, kirstenwinterlmft@gmail.com · EMDRTraumaHealing.com

■ [RSVP & Register Here](#) — [Click to Reserve Your Spot](#)