

Sarah's new book synthesizes the latest developments in neuroscience, trauma treatment, and the power of empathy into an effective healing method that literally rewires our brain and restores our capacity for self-love, emotional regulation, and well-being.



## Sarah Peyton

International Faculty Member  
offers this 2-day Workshop

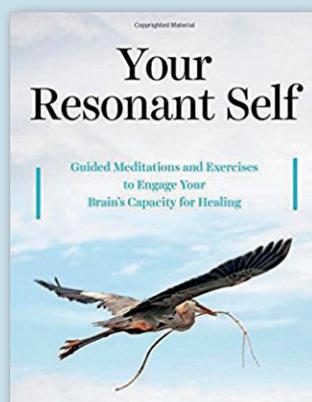
Feb 26–27, 2019

E/bird \$360 Full cost \$420

[www.constellationintensive.com](http://www.constellationintensive.com)

Collaroy, Sydney Australia

Clearing the Seven Vows of Trauma: Leveraging Neuroscience for Healing in Constellation Work



**Author of the new book *Your Resonant Self: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing* - an experiential exploration of the world of relational neuroscience.**

Sarah is also a Certified Trainer of Nonviolent Communication, facilitator and trainer of Family Constellation work; she speaks and writes internationally on the confluence of NVC, Constellation work, and the world of neuroscience research.

Guest lecturer at the International Systemic Constellations Association (ISCA) Intensive at Bernried, Germany and a regular contributor to the Global Association of Interpersonal Neurobiology Studies (GAINS) journal and The Knowing Field Journal for Systemic Constellations.

Do you ever wonder why humans can be so good at self-sabotage? Why we can make such poor decisions?

The reaction of the human brain to trauma and loneliness, added to our enormous and unknown capacity for love, creates unconscious contracts and entanglements that lead us into dead-end actions and life-denying paths.

### **DAY ONE: Self-Warmth and Self-Regulation**

*Learning:* Amygdala and Prefrontal Cortex, The Default Network

*Vows:* Limiting Self Contracts, Denial of Self-Warmth Contracts

*Circuits:* CARE and PLAY

### **DAY TWO: Resonant Language and the RSW**

*Learning:* Left and Right Hemispheres

*Vows:* Contracts to Keep the Self Safe, Nervous System State Contracts

*Circuits:* FEAR and RAGE

This work opens the door to understanding how much information is coming in through our bodies. As this comprehension deepens, we realize that we can effectively partner with them for conscious movement in the world.

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