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OPPORTUNITIES FOR HEALING

If you or anyone close to you has been experiencing post-vasectomy pain syndrome or any of the numerous complications that can come of the procedure, you know how challenging day-to-day existence can be. Often times our healing and coping processes are left to us to figure out entirely without the help of caring professionals. That is changing now. Several opportunities are occurring in the near future to work with people who are interested in helping to improve the lives of men who are having these types of difficulties and their spouses.

Carolyn Braddock is a consultant, workshop leader, and author of Body Voices. She is dedicated to helping those who have experienced a variety of physical, emotional, and spiritual traumas. In addition to her book and private consulting work, she organizes various workshops and small group intensives designed to empower people in their own healing process, enter deeply into the mind/body connection and identify old patterns and unwind the ways that the body has manifested trauma.

Two opportunities are coming in the next few months for you to avail yourself of this work:

A Five-Day Workshop

Healing From Trauma: Finding Your Balance, Body-Centered Interventions
Esalen Institute: Big Sur, California
November 18-23, 2001
Carolyn J. Braddock

Consultant, Workshop Leader, Author of Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries

The workshop begins on Sunday evening November 18 and ends Friday, November 23 at noon. The focus of this workshop is on healing and receiving “tools” in dealing with emotional, physical, and spiritual issues. This workshop is especially valuable for this time of uncertainty and stress. The work is based in the ancient art of Tai Ji philosophy and movement. Breath, sound, and creative cognitive exercises will be used to incorporate the emotional, physical and spiritual body. The Braddock Body Process empowers, as individuals to enter deeply into the wisdom of the body. Participants will learn tools to recognize what is being held in the body, in the connection between what is being said verbally and the resulting non-verbal response. Through creative exploration and body dialogue, there is an opportunity to bridge the gap between old patterns and enter into new ones.

Carolyn will offer innovative and creative possibilities for healing for many forms of traumatic experiences. This is an active process with the focus on body-centered healing. There will be specific sessions on relationships, sexuality, intimacy, and ways to find balance in life and in

relationships. She will introduce tools for wholeness, humor, energy awareness, gestalt, role-playing, meditation, and specific Tai Ji exercises designed to help unwind old patterns. This creates more space, breath, and fluidity in the body. Healing can be gentle and without struggle. Participants will discover ways to create a balance in all aspects of their lives. Individual work within the group will be possible. Join us for a great week! Thanksgiving is quite wonderful at Esalen! Questions, feel free to contact Carolyn.

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A Weekend Retreat for Vasectomy Patients and their Spouses
Ojai, CA
February 8-10, 2001
Co-hosted by Carolyn Braddock and Kevin Hauber

This weekend retreat will focus on developing an understanding as to why post-vasectomy reactions occur and what can be done about them, in both a medical and alternative context. Presenters and session leaders will include medical professionals, therapists, yoga teachers, lymphatic massage practitioners, and more. Items discussed will include the various approaches to reducing the self-destructive autoimmune responses commonly associated with the procedure, dealing with the anger that often accompanies this condition, medical and non-medical interventions, and positive forms of exercise and self-care that can be pursued, even while in pain.

A special focus will be offered for spouses who are often the people closest to the patient and substantially affected by these circumstances, but whose needs are rarely addressed. Formats will vary and include actual physical practices, presentations, and discussion sessions, in addition to private time to unwind from the intensity of day-to-day life. Accommodations are available but attendance is limited to 16 people total for this initial retreat. Call for details

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Good Health To You!
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