**Emotional Trauma Release (ETR) Level 1**

**Helios, Judd Street**

**Dates: tbc**

**With: Alice Whieldon with Kryspin Kochinowski**

**Cost: £200**

A fine-tuning of Janov’s original Primal Scream Therapy, this aspect of Berner’s work deals with embodied emotional trauma and is designed to help people recover emotional health.

ETR is understood within a wider framework of development but these workshops are open to anyone committed to improving their ability at relating, treating others better and living a more fulfilled, less constricted, life.

Results of this work include: mental and physical relaxation, being less critical of self and others, a greater capacity to give and receive emotionally, acting more from who you are and less from a false front, release from psychosomatic illness.

Part 1 consists in group work focused on gaining ability at accessing and expressing emotion. There will be instruction and support throughout both days but the basic method is to feel and express emotion. We end each day with discussion and feedback.

Ideally you should have had some Mind Clearing (though this is not essential, depending on your general preparedness) and not be in current crisis or overwhelmed by trauma. Some basic ability at accessing and expressing emotion is required in order to get value from this approach.

Parts 2 onwards will be offered over the following year to those who have completed Part 1.