




## CLIENT REVIEW



**Karen Sprinkel Ancelet**  
**The Thriving Self: A New Paradigm for Healing Trauma in the Mind, Body**

See more  
★★★★★ (9)

#1 New Release in Psychology Reference

|                                       |                              |
|---------------------------------------|------------------------------|
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**Product details**

ASIN : B0C1XTL7RS  
Publication date : April 8, 2023  
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Text-to-Speech : Not enabled  
Enhanced typesetting : Not Enabled  
X-Ray : Not Enabled  
Word Wise : Not Enabled  
Sticky notes : Not Enabled

Customer Reviews: ★★★★★ 9 ratings

### Top reviews from the United State

 Pamela Haddad

★★★★★ **The Title says it all, The thriving self.**

Reviewed in the United States on April 2, 2023

**Verified Purchase**

The Thriving self is a book everyone could benefit from reading, both clinicians and non-professionals.

This is a book to not only read to learn about how trauma affects you, but a book filled with tools everyone can use. Clinicians and non-professionals.

The author breaks it down in a way making it easy for everyone to understand what happens, what PTSD can look like. Then there are exercises and worksheets on how to heal oneself, or others. It is a book for people seeking healing trying to feel better, and also a book for therapists wanting to understand more about trauma. This is a book that could be included in the curricula for anyone studying to become a therapist, psychologist or psychiatrist.

Pamela haddad

Trauma focused Brainspotting Therapist and Consultant

 Jovo

★★★★★ **Essential reading for trauma recovery.**

Reviewed in the United States on April 2, 2023

**Verified Purchase**

The Thriving Self is going to help a lot of people. It leads the reader through the recovery process in a compassionate, step-wise manner with plenty of exercises and case studies. What makes this book unique is its use of a novel diagnostic method based upon where people store or locate trauma; Mind, Body or Spirit. Each location requires different treatment modalities in order for treatment to be most effective. With the author's guidance we are able not only to find relief from our symptoms but also to find ways to thrive.

*thethrivingself.com*

'The Thriving Self' free for a limited time with KindleUnlimited:

<https://a.co/d/hZsR0OA>

I am grateful my book was rated #1 New Release in Psychology Reference for the first few weeks it was published, and now again under the Kindle version. Please consider reading it and sharing it with others.



The book is unique for four reasons: 1) It provides a new diagnostic category to heal from suffering in the Mind, Body and Spirit, 2) It helps the reader identify their 'over-competent override' to heal and move towards thriving, 3) It uses an East-West approach to healing from these unique diagnostic categories, 4) It moves you the reader beyond the suffering to your thriving self. It has many exercises, case studies and is very helpful to help you thrive.

My own journey with thriving was sharing my experience and knowledge in this book and now sharing it. My dream is that this book spreads to help heal so many others. The most helpful way for this book to spread is with reviews. If you find it to be a helpful book, please consider writing a review so others can experience healing too.

## **1:1 Intensives:**

Half-day or full-day intensive sessions can be scheduled for those seeking a personalized retreat. The intensive would be customized to you using the trauma healing modality most suited for you.

This intensive approach may be best suited for you if:

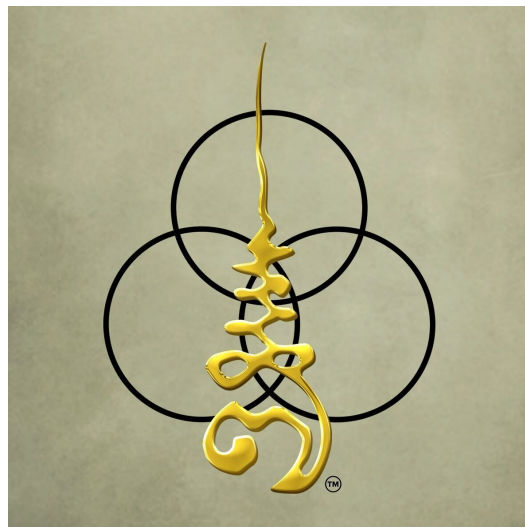
- you have done a lot of healing work already and interested in the 1:1 intensive immersion
- you are interested in a jump start to your healing journey
- you are seeking an expedited experience of resolving some level of suffering you have
- you are interested in finding more breakthroughs to help you thrive

## **In-Person Small Group Healing Retreats.**

Healing Trauma- Introduction: Basic Somatic Skills and Tools

When: First Friday in either June, October or November 10:00 am – 5:00 pm

Location: In person, outside at 3511 Monterey



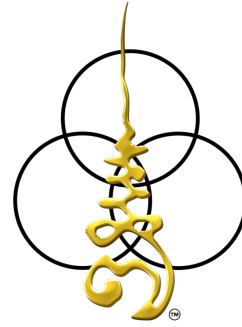
*Caption goes here*

Bld, Oakland, CA 94619

Cost: \$600 due upon registration (\$500 for presently active clients/consultees)

Registration: For registration and payment, please go to:

<https://karensprinkel.com/intensives-&-workshops>



Learning Objectives: You will learn to (1) recognize base orientation for regulation, (2) recognize a stress response, (3) recognize the distinction between co-regulation, self-regulation and auto-regulation, and (4) facilitate discharge or mobilization in yourself. Specific skills and tools will be first demonstrated and then practiced in a group process or dyad format. The best way to learn is through experiential practice. There is a 6 person maximum for each workshop.

CEU credits: This course meets the qualifications for 6 hours of continuing education credits for mental health professionals. Open to non mental health providers. Open to the public.



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