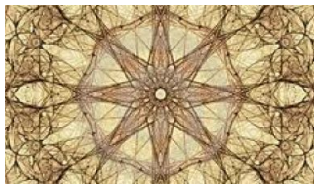




Hello...

It is hard to believe it has been over a year since I sent my last newsletter, and since we were in lock down. And here we are starting to adjust to the reopening of our lives post the COVID lock down. I am thankful for health. I hope you and your loved ones were able to experience good health during this unprecedented year of a life threatening pandemic and constant change.

On my own COVID-19 health update: I did continue to have long-haul symptoms all year until I received my second Moderna vaccine. I am happy to announce that I am feeling so much better. I've also been providing in person sessions since June last year and most clients are having sessions in-person now but zoom is still an option.



Re-Opening Adjustment:

Adjusting to reopening. Change yet again. Adaptation over and over again.

Now that the pandemic is starting to subside ever so slowly, vaccines are available, and life is opening again, another form of adjustment is upon us. And now there is the increasing Delta variant. This can bring out feelings of overwhelm, anxiety and disorientation.

It is natural to feel overwhelmed and as in any trauma, whether large or small, we need time to adjust, touch on it and back away (pendulation) and do so in a pace that feels tolerable to us (titration).

If we are finding that setting the pace is overwhelming or that maybe we are required to return too fast, breathe, talk about it and breathe again.

We are now tasked with facing how we identified with or personified the pandemic this past year. For most of us, this year brought incredible tragedy and loss, and for some, opportunity. In reality it may have brought both.

Now we have to look head on and recognize how we have internalized this

pandemic as we are asked to start to adjust back to 'normal'.

If you have spent this past year getting a lot done and/or taking a much needed respite you probably had a more opportunistic attitude, and adjusting back will feel like another adjustment with discomfort but likely you are highly adaptive and will soon implement the changes you made during the shut down.

If you are finding yourself having a hard time adjusting to this change again, you are likely personifying, personalizing or displacing much of your underlying narratives on the COVID pandemic. And this is also very human.

You may find much relational conflict due to COVID-19, mask mandates, lifting of mask mandates, and general confusion as to what feels safe, which is also related to how we are personifying, personalizing or playing out unconscious narratives with loved ones, or maybe them to us.

There is still hope. First we have to be honest with ourselves before casting judgement or assessment on others or judging our selves.

Old narratives may be enhanced. For example, if you naturally have a self defected theme in your life it's natural to seek to feel accepted or good enough through this time. If you naturally feel not recognized in your life the pandemic may have you seeking to be knowledgeable or special in it; if you naturally feel over responsibility for others you may be seeking to feel you have made a difference. Similarly, if you tend to feel unsafe in the world, you will likely continue to seek procedures and protocols to feel safe in the pandemic. Finally, if you have a tendency to like to feel control in your life you may be finding yourself wanting to control more things with the pandemic with those around you or your loved ones.

A recent national survey found over 50% of people reported feeling uneasy returning to in-person interactions, yet in the fall, over 67% of people reported loneliness in the pandemic. What's fascinating is studies have also shown that the very thing that will restore ease to these 50% of the population is socialization. Why is this? It's biological. When we socialize our ventral vagal nerve is activated which is our social engagement system that leads to homeostasis in the nervous system.

So take your time. Follow you pace. Follow your safety protocol. But do re-emerge, and socialize again.

Self Regulation/Healing Trauma video from the '20

Webinar - video attached:

This is the same video from last year as it is still relevant. It intended to give you practical tools to use at any time. Please copy and paste this link below:

<https://youtu.be/0viJaass1fk>



Workshops/Day Long Retreats

This past year has helped me re-focus my therapy practice and recognize the need to offer workshops and day long retreats. I am starting to offer four different types of workshops.

These would be beneficial to you if you are feeling the impulse to share with a group and/or you are feeling like you would like something else to augment your individual therapy sessions. They are open to the public too.

Group days can be extraordinarily healing. There is a power a group can offer that I can not offer alone. The workshop size will remain small with a maximum of 6 people. Most are from 10a-4p Thursday, Friday or Saturday. At this time only vaccinated clients can participate.

The workshops are described on my website karensprinkel.com or thethrivingself.com

A. Intro: Healing Trauma - Basic Somatic Tips (life long skills to help with self regulation)

You can register by completing the registration form:

<https://forms.gle/EwcY1yLMNGjNAapw6>

1. Trauma
&
Healing
-
Trauma
Mind,
Body
&
Spirit
You
can
register
by
completing

the
registration
<https://forms.gle/BHUi2uT3UxvLPdqeA>

2. Surviving
Trauma

-
Core
Wounds,
Stuck
Patterns
and
Recovery
You
can
register
by
completing
the
registration
<https://forms.gle/UwUC5Bk3zabEqVZr6>

3. Thriving
Beyond
Trauma

-
Over-
Mindfulness,
Over-
Competent
Override
and
Authentic
Goals
You
can
register
by
completing
this
form:
<https://forms.gle/yFpKd93iFAHFocEy5>

**In healing,
Karen @ Karen Sprinkel, Individual & Family Trauma Therapy Corporation**



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