

Like

The Thriving Self

Welcome to Karen
Sprinkel Individual &
Family Trauma
Therapy Corporation

*Healing is possible,
Thriving is possible*

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Hello, Friends!

Happy Spring 2022, Ramadan, Passover, Easter and love. (Resent with corrected links for all browsers and tablets)

Today is a day to honor liberation, resurrection and spiritual discipline & connection. This can bring deep satisfaction and/or loneliness inside ourselves. Our world is also starting to open again, and with it comes new stress and new opportunity. How do we manage stress when the world is at war? How do we live with suffering? What actually is trauma? All of these are answered and explored in the segments and offerings below.



Interview on Healing with Orientation

Click to listen to my interview on healing & orientating to our true selves; the power of 30 seconds of orientating a day; my journey with living in Asia and embracing suffering, and the wisdom of integrating the East and the West. Click here:

<https://www.buzzsprout.com/1302661/10436198>

[Orientating Towards Our True Selves]

Is available on Apple, Spotify, Google, Stitcher, Amazon

(Thank you KJ at #storiesofastonishinglightpodcast)



Workshop: Managing Stress When the World is at War

[Managing Stress When the World is at War]

Click link above or:

<https://getklatch.com/product/naor/>

Join me in this interactive workshop on May 27th at 3:30pm-5pm PST.

Add coupon code: Client discount

at check out for 20% off the workshop. Very affordable, \$40 with the code.

(photo credit- instagram: bellphoto11)

Healing Videos:

Please subscribe to my YouTube channel:

<https://youtube.com/user/karensprinkel>

Click below **Subscribe to Karen Sprinkel** for more healing videos, such as this one:

What actually is Trauma? Click below:

What is Trauma

video credit: Jan Sturmman at albinocrow.com



In-Person Workshops:

Please consider attending an in person outside daylong workshop for somatic tips and other approaches to healing trauma. The next one is June 3rd, 2022. This is an excellent opportunity for you if



you have any nervousness, anxiety or avoidance of social interactions. This is open to the public and mental health professionals. 6 CEU's available. Click here: <https://karensprinkel.com/workshops-in-person> or below:

In-Person Workshops

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Healing is Possible, Thriving is Possible,
Karen

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