



THE THRIVING SELF

A New Paradigm for Healing Trauma in the Mind, Body
and Spirit and Moving Beyond it



Karen Sprinkel Ancelet

Audio Book Now Available!

Audio book available: If you haven't had time to read my book, it is now available as an audio book to listen to as you drive, garden or exercise.

It is available through Spotify, link here: [Spotify](#)
or if you do not have Spotify you can order it directly through me-link here: [Audio Book](#)

Purchase

I'm happy to give you a coupon code for the free audiobook with any evidence of the purchase of a physical copy or a written review on Amazon. Please contact me for the coupon code.

Please write a review on Amazon.

The biggest gift you can give to me and those seeking healing is to write a review so the book is easier to find in searches by those who do not know it. The more reviews, the more accessible it is to a larger audience. Write a review by clicking here:

[Amazon Review](#)



The Thriving Self Book Club

Book: *The Thriving Self: A New Paradigm for Healing Trauma*
Author: Karen Sprinkel, M.A., LMFT, SEP, CCTP
Day: Monday, October 28, 2024 | Time: 5-6pm ET
Location: Virtual / Online | Hours/Credits: 1 CE

Summary:

This interactive book club reviews the wisdom in *The Thriving Self: A New Paradigm for Healing Trauma* in the Mind, Body, and Spirit and Moving Beyond It. We discuss bridging the missing link between diagnosing trauma and the actual appropriate method of treatment for clients with trauma based on how a survivor stores trauma in their mind, body, or spirit. This book club provides rich discussion and an exercise to identify one's core wound(s), the over-competent override that prevents one from thriving, and the steps to take to actually thrive in life and not just survive and manage.

Objectives:

Upon completion of the class, the participant will be able to:

- Recognize the importance of the new diagnostic paradigm.
- Identify the basic ways trauma presents in the trauma survivor: trauma mind, trauma body, and/or trauma spirit.
- Develop improved confidence in moving beyond trauma treatment to identify survival patterns preventing one from thriving.

ANCESED EngageMinds Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (9050-0205). EngageMinds Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors (9050-0204). EngageMinds Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists (9050-0207).

EngageMinds Continuing Education has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7145. Programs that do not qualify for NBCC credit are clearly identified. EngageMinds Continuing Education is solely responsible for all aspects of the programs.

ACE EngageMinds Continuing Education, #9854, formerly Enea D'Onofrio, LCSW, PLLC, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 8/25/2023-8/25/2024.

For special accommodations or questions, email info@engagemindsce.com.

engagemindsce.com Register at <http://bit.ly/em-oct-bc>

[Course Registration Here](#)

Meet... *Karen Sprinkel*
M.A., LMFT, SEP, CCTP
Register At: <https://bit.ly/em-oct-bc> engagemindsce.com

Self-Paced Course:
Introduction to Healing Trauma: Trauma Mind, Trauma Body & Trauma Spirit
Learn to identify the basic ways trauma presents in the trauma survivor, trauma mind, trauma body and/or trauma spirit. Participants will also learn ways to identify the most dominant responses in mind, body, and spirit, and ways to prepare clients for healing based on the highest need using different techniques.
Location: Virtual / Online | Hours/Credits: 2 CE
Please note: participants will be watching a recorded video.
Detailed handout included.

Live Courses:

- The Thriving Self Book Club**
Day: Monday, October 28, 2024 | Time: 5-6pm ET
Location: Virtual / Online | Hours/Credits: 1 CE
In this interactive book club we discuss bridging the missing link between diagnosing trauma and treatment for clients with trauma based on how a survivor stores trauma in their mind, body, or spirit.
- Intro to Buddhist Psychology**
Day: Monday, Nov 18, 2024 | Time: 12-2pm ET
Location: Virtual / Online | Hours/Credits: 2 CE
Join us as we dive into the foundations of Buddhist psychology and discover how its timeless principles can transform your practice.
- Introduction to Healing Trauma: Trauma Mind, Trauma Body & Trauma Spirit**
Day: Thursday, Feb 20, 2025 | Time: 4-7:30pm ET
Location: Virtual / Online | Hours/Credits: 3 CE
Providers will learn to identify the basic ways trauma presents in the trauma survivor, trauma mind, trauma body and/or trauma spirit.
- Introduction to Internal Family Systems:**
Day: Monday, Mar 17, 2025 | Time: 12-4:15pm ET
Location: Virtual / Online | Hours/Credits: 4 CE
Unlock the power of Internal Family Systems (IFS) therapy in our dynamic workshop! Gain a solid understanding of IFS's foundational theories and discover how to navigate the complexities of client behaviors.
- Introduction to Somatic Experiencing:**
Day: Thursday, May 8th, 2025 | Time: 12-3:30pm ET
Location: Virtual / Online | Hours/Credits: 3 CE
Discover the power of Somatic Experiencing (SE) with our engaging workshop! Dive into the foundational principles of SE, explore its strengths, and learn practical techniques to facilitate healing in your clients.

ANCESED EngageMinds Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (9050-0205). EngageMinds Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors (9050-0204). EngageMinds Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists (9050-0207).

EngageMinds Continuing Education has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7145. Programs that do not qualify for NBCC credit are clearly identified. EngageMinds Continuing Education is solely responsible for all aspects of the programs.

ACE EngageMinds Continuing Education, #9854, formerly Enea D'Onofrio, LCSW, PLLC, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 8/25/2023-8/25/2024.

For special accommodations or questions, email info@engagemindsce.com.

[Course List Here](#)

Come join a **free, one hour book club** on 10/28 at 2pm PT where we discuss the book. One CE credit available for clinicians. Link here: [Book Club](#)

There are plenty of enriching classes I am teaching ahead, and the next one is a deep passion of mine: **Introduction to Buddhist Psychology, November 18th, 2024 10-11am, PT, 2 CEU credits.**

[Click here to register:](#)

Welcome Fall! Growing up in Michigan, it always amazed me to watch green leaves on the trees slowly change colors this time of year. Leaves become more vibrant before they fall. The tree looks almost dead for months before witnessing new leaves regrowing in the Spring of one solid color- a rebirth! It is fascinating to reflect on how vibrant leaves become before the fall before seeing new leaves regrowing in the Spring—in one solid color. The vibrant colors represent our imperfections and what makes us unique before regrowth and rebirth. Even being in a tropical climate like Phuket where I am writing this newsletter from, the monsoon rains often wipe out a sometimes perfectly blossomed flower.

And more interesting, it's in our aging, that we embrace our imperfections even more. The tree, in any stage, still relies on its roots. Returning to Michigan, helps me reflect on the importance of my roots, my imperfections and my potential for growth.

How amazing it is that we get to keep growing and welcoming in new life and new beginnings.

For me, I am working on releasing the old belief to only use my voice, when asked, and have the courage to completely be and share my wisdom. I have my own unique flaws and beauty just like each of you. I hope this Fall you cherish your imperfections as beauty and opportunities for new beginnings. On the subject of new growth, and sharing my voice, please consider joining one of the classes listed above.

2025:

As a reminder, I'll still have a few ad hoc 1:1, 50 minute sessions next year, but my availability will be very limited due to the increased interest, focus and passion on these 1:1 intensives, KAP and group retreats.

Hoping this "leaf releasing" season helps you first bring awe to your vibrant imperfections, shed something that is no longer serving you and welcome in new possibilities ahead.

Until next time, stay in your heart and keep thriving.

Karen

KAP sessions and KAP retreats:

You have probably heard a lot about ketamine in the news this year. Ketamine Assisted Psychotherapy is a safe and effective treatment for PTSD, depression

and anxiety. It has some profound life-shifting effects in many and at the very least, facilitates a deeply relaxed state where psychotherapy can reach deeper layers for illumination and shifts. I am offering ketamine assisted psychotherapy 1:1, or in a group setting with Amy Thomson. There are more details on my website here: <https://karensprinkel.com/ketamine-assisted-therapy>
For more information on the group retreats, click here:
<https://karensprinkel.com/group-retreats>



©2024 Trauma | 3511 Monterey Blvd Oakland, CA 94619 US

Like 

Web Version

Forward

Unsubscribe

Powered by
GoDaddy Email Marketing®