

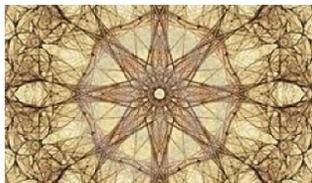


Happy Holidays...

Many best wishes for your year end to 2021, and the new beginnings of 2022. May you have health, expansiveness and spaciousness in 2022.

New Hours/Scheduling:

I am now only scheduling clients Monday through Wednesday from 9 to 5. Thursdays are reserved for consultations and an occasional rare crisis appointment. Fridays are reserved for my day long retreats which I highly recommend for each of you.



Daylong Workshops/CEU classes:

Daylong workshops/Retreats:

For more details of these workshops/ daylong retreats, please click here:

<https://karensprinkel.com/workshops%2Fdaylong>

The Intro: Healing Trauma: Basic Somatic Skills and Tools is a very useful workshop for you to learn ways to regulate yourself around others. Therapy can help with your 1:1 process but therapy is less helpful in healing potential dysregulation that happens socially. These healing retreats are a way to up level your healing process. The next available retreat is March 4, 2022 and the first Friday of every month after that. The day long has a maximum of six people for now and for fully vaccinated participants only.

CEU provider & credits:

I have been approved to offer continuing education credits to licensed mental health professionals. These retreats will be a way to earn 6 CEU credits:

https://docs.google.com/forms/d/1rK8_dCLBOMXG0q8tVxyILNazYuyq4_4uC7qhpBIF-Xw/viewform?edit_requested=true

Self Regulation/Healing Trauma - video attached:

I am reattaching the video from last year as all of the techniques still apply. It is

useful to review these tools that can help you in times of stress.

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



Monthly Zoom Healing Circle

I will be introducing monthly zoom group process at some point for clients and certain members of the public to share about a trigger or something dysregulating to find ways to use a tool to help find ease or homeostasis again. I haven't decided on the details yet (hours, rates, etc.) but given the demand I might start to offer something like this.

It is a good model for those that feel they don't really need to schedule therapy consistently anymore but occasionally have a brief upset they would like to process remotely with a small group. This is an obviously much more affordable option than 1:1 therapy. I haven't decided on confidentiality yet; whether appropriate someone keeps their video off and changes their name, as the benefit of the group is for everyone to vulnerable with each other. More details to come.

COVID protocols:

I'm continuing to keep my doors open for in person sessions or you can continue on zoom. Given the continued variants, my In-person sessions are reserved for fully vaccinated clients only. This is to create a safe environment for all clients.

Hope = Resiliency

Some words on hope given this new variant and our new normal. Studies have shown evidence of survival and thriving through incredible odds based on whether the individual has hope. In studies on animals, hope extends the survival rate by 240%. Just imagine what hope does in the human? As Benjamin Franklin said "hope is an essential constituent of human life". This is not the time to give up but only to increase hope!

Many healing wishes today and always. In gratitude and equanimity,

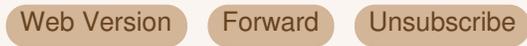
Karen

In healing,

Karen @ Karen Sprinkel, Individual & Family Trauma Therapy Corporation



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