

THE POWER OF THE PAUSE:

A SELF-CARE WORKSHOP FOR GIVERS

Early bird pricing - \$10 off (ENDS Aug. 15):

\$87

9.26.2025 | 10 AM -2 PM (3.5 NBCC CE CREDITS UPON COMPLETION)

OPEN DOOR STUDIOS | 3706 CENTRAL AVE. CHARLOTTE, NC 28205

This workshop is designed for Givers—therapists, healthcare providers, and empaths—who show up for others but often leave themselves last. Through experiential practices of Authentic Movement and Brainspotting, participants will explore how to reconnect with their inner voice and nervous system in order to tend to their own needs. This is not your average self-care workshop. This is a time to rest, reset, and renew—without judgment and with deep intentionality.

WHAT YOU'LL LEARN

1. Define Authentic Movement and Brainspotting and describe their therapeutic benefits for mental health professionals.
2. Identify at least three signs of burnout or chronic stress within themselves or their professional communities.
3. Demonstrate one self-guided Brainspotting technique (Gaze Spotting) and one Authentic Movement warm-up for personal use.
4. Describe how integrating somatic techniques like Authentic Movement and Brainspotting can support emotional regulation, stress recovery, and professional sustainability.

PRESENTER

Rayni Collins, BC-DMT, LPCS, LCMHCS, is a licensed therapist supervisor and Board-Certified Dance/Movement Therapist with over 11 years of experience supporting creative-minded, highly sensitive individuals. She specializes in sleep therapy, trauma recovery, and somatic modalities including Brainspotting and Authentic Movement. Rayni leads workshops and trainings that bridge neuroscience, movement, and emotional wellness to support resilience and professional longevity in clinicians and caregivers.

The Power of the Pause: A Self-Care Workshop for Givers has been approved by NBCC for NBCC credit. Rayni Collins, LPC-S, LCMHCS, BC-DMT is solely responsible for all aspects of the program. NBCC Approval No. SP-4999.

WHO CAN JOIN?

- Licensed Professional Counselors
- Clinical Social Workers
- Marriage and Family Therapists
- And other licensed mental health and healthcare providers.

FOR MORE INFORMATION AND TO REGISTER, VISIT:

<https://raynicollins.com/events>

FOR ACCOMODATION REQUESTS AND/OR QUESTIONS:

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