

Super Resourcing

Presented by
Sara Dietzel MA, LMFT

Saturday – March 20, 2021

**Zoominar
1:00pm – 3:00pm**



Super Resourcing is a healing experience that has been adapted from the principles of EMDR. Sara will explain how difficult/traumatic life experiences from both current and past lives are stored in the nervous system and get activated creating challenging emotions such as anxiety, panic, depression, fears and phobias. She will then lead a healing meditation to integrate into the nervous system a sense of peacefulness, nurturing, protection and wisdom as a way to manage and heal from these difficult emotions. After the presentation, participants will be able to apply “Super Resourcing” to their own healing practice.

Sara Dietzel is a Licensed Marriage and Family Therapist with a private practice in the East Bay. She specializes in the treatment of trauma and the application of EMDR. Her practice integrates trauma informed modalities with a focus on transpersonal and attachment orientations.

\$25.00 Members - \$35.00 Nonmembers

**Due to the ongoing pandemic and any presentation PDF material,
we are only accepting online registration and payments up to March 19.**



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