

# Resourcing with the Source

## *A truly integrative resiliency-based training for psychotherapists*

Do you have an unshakable trust in your client's ability to be with their greatest pain and worst fear? There is a place in everyone that is innately resilient -- present, regulated, and capable of being with any pain, fear, and vulnerability. Experiencing our resilience is what we and all of our vulnerable, fearful, and hurt parts crave, because when we feel it these parts relax, we trust ourselves, and we are aligned with and shine our true self.

This understanding of resilience is an essential part of the therapeutic relationship. While resourcing clients away from pain can bring relief, doing so without the knowledge and ultimate goal of being with the pain from an innately present and regulated state is detrimental to the client. A message can be sent that they are not capable of being with their pain or that the therapist doesn't trust in their inherent resilience. When therapists help client's access their own resilience clients reclaim their power. As a result, not only are clients able to be with burdened and contracted parts, they are also able to experience more expansive states and feelings.

Connecting to source and resilience is the foundation of this new integrative resiliency-based model of healing: Resourcing with the Source. This training will also address the *psychological, emotional, physical, physiological, biochemical, spiritual, relational, and energetic* impacts of stress and trauma and likewise address the multi-dimensional person. Danielle Carron, M.S., M.A., SEP, LPC, synthesizes her training and experience in Contemplative Psychotherapy, Holistic Nutrition, Somatic Experiencing® (SE™), Internal Family Systems (IFS), Functional Neurology, Shamanic Healing, Gestalt, and Quantum Healing to offer a training that is dynamic and includes lecture, experiential exercises, guided meditation, practice groups, case examples, case consultation and demos.

### **In this training, you will learn:**

- How to connect to source, resilience, and expansion in a variety of ways.
- How to use internal attachment work to help clients integrate all types of parts that carry pain, fear, trauma, and vulnerability.
- How to use somatic awareness to work with the nervous system, move incomplete physiological impulses (fight, flight, freeze) and sensations through to completion, and to embody change through new corrective experiences.
- Skills to help clients heal from emotional ruptures that occur in childhood and resurface as interpersonal and intrapersonal challenges in adulthood.
- To integrate an impactful spiritual component using a language relatable to all.

### **This training is for you if:**

- You would like techniques to connect to your resilience and empower your clients to connect to theirs.
- You'd like to learn how to work with many types of trauma and symptoms in a sustainable and effective way.
- You're seeking a model based in science and neuroscience.
- You'd like to save time and money by learning an integrative model.
- You like the idea of learning in a small, safe and supportive environment.

## Details

**Resourcing with the Source will be presented in three 3-day sessions:**

**When:** January 25-27, 2019, March 29-31, 2019, April 26 -28, 2019

**Where:** The hOMe Collective,  
6101 W 38th Ave, Wheat Ridge, CO 80033

**Time:** 10 a.m. – 6 p.m.

**Fee:** \$1850; \$1550 if registered before December 20, 2018. Payment is due in full.

**Teacher:** Danielle P. Carron, MS, MA, SEP, LPC

**Contact:** Danielle at daniellecarron@gmail.com or 303-359-9292 for an application to register and payment information.

**Required reading:** This is an accelerated training and it's important that all participants have the foundation from the books below before we start.

1. *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness.* Peter A. Levine, Ph.D.

2. *Self Therapy: A Step-By-Step Guide to Creating Wholeness and Healing Your Inner Child Using IFS.* Jay Early, Ph.D.

## Testimonials

**“Danielle's training increased my effectiveness as a therapist exponentially.** By using the approaches I learned from her, I was able to help my clients obtain powerful and transformative results on a regular basis. Now, clients frequently share feedback with me like ‘I've been in therapy for years/decades, and what we are doing works so much better than anything else I've tried.’ An excellent teacher and clinician, Danielle is caring, full of integrity, and dedicated to helping her students succeed. I cannot recommend this training highly enough. If you have been questioning whether you are truly helping your clients to create lasting change, TAKE THIS TRAINING!” – Stephanie Small, LCSW, CNE, CMHN, participant in Danielle’s Somatic Resolution and Internal Attachment training.

**“Learning how IFS and somatic work come together so naturally has greatly improved my ability to work with my clients.** They are so relieved and empowered by the tools and perspective that this work brings! I myself have more consistent access to Self energy and body-based resources as a result of this training, as well. Danielle is a heart-centered, brilliant visionary and teacher. The work she does and the way that she presents information is assessable, inspiring, and life-changing. She has a genius for seeing the useful and sacred patterns across modalities and bringing them to people in a way that heals and empowers the individual.” – Cheyenne Kowal, LMT, SP-STR, participant in Danielle’s Somatic Resolution and Internal Attachment training.

**“I think of my work as a therapist in two phases: one being before I learned Somatic Resolution and Internal Attachment, and the time period since.** Getting to participate in the teachings by Danielle Carron in these two approaches of therapeutic healing shifted me from working with my clients with a sense of burden or efforting to feeling the ease and trust of being truly present. Getting to really connect with my core Self so deeply and thoroughly has made my work full of more ease, joy, creativity, healing and profound expansion for both my clients and myself. Danielle is a skilled teacher with true heart and dedication -- she will meet you exactly where you are personally and professionally, and take you on a journey you never imagined possible and will be tremendously grateful for afterward.” – Jamie Brennan, LPC, participant in Danielle’s Somatic Resolution and Internal Attachment training.

## Teacher



**Danielle P. Carron, MS, MA, SEP, LPC** has been working with clients for over 10 years in her private practice: Integrative Psychotherapy and Nutrition Counseling. She specializes in working with all types of trauma as the root cause of many mental health conditions. Danielle is a Licensed Professional Counselor (LPC) who holds a M.A. in Contemplative Psychotherapy and an M.S. in Holistic Nutrition. She is a certified Somatic Experiencing Practitioner (SEP) and also has training in Internal Family Systems, Functional Neurology, Shamanic Healing, Gestalt, and Quantum Healing. She enjoys teaching and has trained students and clinicians in a variety of settings including Naropa University. Somatic Resolution and Internal Attachment is a training she designed and taught and has now evolved into a new model called Resourcing with the

Source. Some of the most influential people she has trained with include Diane Poole Heller, Steve Hoskinson, Peter Levine, Dick Schwartz, Loch Kelly, Byron Katie, Malidoma Some, and Joe Dispenza. Danielle is passionate about bringing healing work to the community. She is always learning, evolving, and doing her personal work as a commitment to herself, her clients, students, family, and community. Danielle enjoys working with others and shining a light on their true essence. For more info: <http://integrativepsychotherapyservices.com/>