

Mp3 Debra A. Littrell, Lmhc, Lmft - Somatic Resourcing 2, Grounding Exercises



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These guided grounding exercises, with a spiritually inspired harp background, gives you a felt sense of being grounded, instead of using imagination or grounding energetically. 5 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details: Debra A. Littrell, LMFT, LMHC is a mental health professional who has training and experience in a variety of body centered, experiential forms of psychotherapy including The Hakomi Method and The Foundation Training of the Bodydynamic Program.. She specializes in the treatment of both recent and historic trauma and developing resources somatically. Because she sees so many clients with emotional, psychological, mental, spiritual and physical problems caused by chronic stress, she spends a lot of time helping people develop self awareness and self soothing skills. She has been an EMDR practitioner since 1991. She has been on staff with the EMDR Institute, Inc. as a Facilitator since 1995. She has practiced in a variety of settings since 1977. She is currently in private practice in Bellevue, Washington and works with adults and adolescents. She provides crisis intervention services for Emergency Service Personnel and is a consultant for Auburn Police Department's Peer Support Team. Sharon Shepard provided the background harp music. She has surrendered and dedicated herself to the pure guidance of Spirit for over 10 years. She is an ordained minister of the Universal of Life Church and a musician for Mission, Music and Healing. She has the ability to call forth the Angelic Universal tones thru her harp. Her understanding of the physical body thru her medical background in conjunction with her spiritual wisdom, creates a unique and powerful ability to realign and harmonize the physical, mental, emotional, empathetic and spiritual bodies, establishing the foundation for physical re-patterning and rejuvenation. As an inspirational harpist she specializes in meditation circles, and ceremony as well as background music for gatherings of joy and celebration. She can be

reached at: 425-771-0654 or shepardsong@earthlink.net. This CD provides people with a guided tool to practice their grounding exercises in their daily lives. These grounding exercises give you a felt sense of grounding, instead of using imagination or grounding energetically. This offers you the opportunity to explore what being grounded in your body feels like versus what you feel like when you are ungrounded.

Sitting grounding Simple allows those just beginning to focus on basic changes. **Sitting grounding Integrative** allows the listener to notice changes in sensations, emotions and thinking patterns. **Standing Grounding** allows you to be more self aware when standing and in motion. These grounding exercises should follow practice with mindfulness (Somatatic Resourcing 2, Know Thy Self, Mindfulness Support Exercises). Mindfulness allows you to learn to track your physical, emotional, and cognitive signals. You will need these tracking skills to get the full benefit from the grounding exercises. As a Body Centered Psychotherapist I have used these tools in my office for years. Often my clients were unable to sustain practice of somatic resourcing activities on their own. This CD provides people with a guided tool to practice these exercises in their daily lives. These tools can also be helpful to people that are not in psychotherapy but are trying to increase their Self awareness and practice self soothing techniques.

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