



TAP-IN TO HEALING BY RELEASING DISTRESS THROUGH THE BODY

Do you need a guide to self-healing practices that replace looping emotions so you can find more positivity in your day to day life? In this workshop, participants will learn how to release anger and trauma that is stored in the body so you can experience more joy. You will also gain understanding about the brain and liver connection (mind/body) and how to tap-in to healing and overcome traumatic emotions. This workshop is available at **no cost**. To register, click [HERE](#).



Caryl Ann Duvall, CMHC, CFLE

Caryl Ann Duvall is a clinical mental health counselor and a certified family life educator with master experience in teaching relationship skills, overall well-being, anger management, substance abuse, coping skills, and parenting skills. She is trained in trauma focus practices and family dynamics. She is conscious of the effects of the social environment and can help navigate life through therapeutic tools to improve life's satisfactions. Outside of the office she enjoys the outdoors, hiking, gardening, music, and spending time with her blended family of seven kids and two grandkids.

July 21st

1:00 p.m. - 2:00 p.m. MT

Event Location:
Online!