

**TRANSFORMING ADVERSE  
CHILDHOOD EXPERIENCES (ACEs):  
What Neuroscience & Nonviolent  
Communication Have to Offer**  
MARCH 7-9, 2018 (\$350 for three days)

**MARCH 10: optional additional day  
SEXUALITY IN THE BRAIN: Healthy  
Development & Trauma Recovery**  
(\$460 for all four days)

**MARCH 11: FAMILY CONSTELLATIONS  
IN ACTION** (\$150 stand alone)  
(\$100 if added to March 7-10)

The Hutchinson Center, University of Maine  
80 Belmont Ave, Belfast, Maine  
*Lunch included*

*DID YOU KNOW THAT*

- ▶ the human brain is **able to grow** and become more **integrated** no matter what your age or past experiences?
- ▶ the **language we use** can **transform** the way the brain holds its **memories**?
- ▶ every experience of **effective empathy** **helps** the brain **recover** from trauma?

Deeply rooted in the science of Interpersonal Neurobiology (IPNB), CNVC Certified Trainer and internationally published author Sarah Peyton offers **three days** of learning experiences that help participants **integrate** an understanding of trauma and how to work with it. Both Nonviolent Communication (NVC) and recent findings in the field of neuroscience will be included to support the participants in experiencing why and how resonant language works to heal brains. The workshop is fully **interactive** and will consist of **practical, applicable** theory, demonstrations and practice.



*For more information about Sarah, visit: **empathybrain.com***

*SPACE IS LIMITED - Register for this event online:  
**opencommunication.org/SarahPeyton.html***

*CEU's available. For more information:  
207-789-5299 / [peggy@opencommunication.org](mailto:peggy@opencommunication.org)*

## WHY MIX NVC AND NEUROSCIENCE?

Developing clarity about the way we use language and how we affect one another brings precision and ease to relationships with clients.

## WHAT BRINGS RELIEF FROM REACTIVITY?

Reactivity is the intrusion of unhealed moments from the past into the present. The brain believes that all of our unhealed memories still exist in present time. And from the new understandings in brain research we now have a map for healing, repairing and integrating the parts of the brain that are required for emotional stability under stress and successful interrelationships.

### YOU WILL INTEGRATE:

- ▶ Knowledge and information of **how our brains work**
- ▶ An understanding of the **contribution of trauma** to addiction and difficult behaviors
  - ▶ Experiences of the **transformation** that resonance brings to brains that are struggling
  - ▶ Reflections on **how to use this knowledge** and skills after the workshop

### SPONSORED BY:

#### Open Communication - [OpenCommunication.org](http://OpenCommunication.org)

Open Communication is dedicated to bringing Nonviolent Communication<sup>SM</sup> consciousness and practical skills to people of all ages and life circumstances. Open Communication helps people develop skills we all can use to foster sustainable human relationships.

#### Clarity Services, LLC - [ClarityServices.us](http://ClarityServices.us)

At Clarity Services, LLC we understand that groups of people working together face many challenges and we specialize in offering basic tools and skills that will not only get you through a time of challenge, but will also improve the effectiveness of your group process going forward.

#### Maine Resilience Building Network [MaineAces.org/wp/](http://MaineAces.org/wp/)

Our Mission is to promote resilience in all people by increasing understanding of the impacts of traumas and stressors such as Adverse Childhood Experiences (ACEs) and the importance of protective factors like positive relationships. We focus on comprehensive, cross-sector and systematic approach to foster education, awareness and action.