

# Stephanie Shipper

## After the Trauma . . . Restoring Freedom of Choice, Peace, and Present Time Awareness



**Saturday, Nov 21, 2020 1–3pm**

*Reinvent Your Health, 17331 E. US Hwy 40, #101, Independence, Mo 64055*

## In Every Life There are Physical/Emotional Traumas

If these Traumas have:

- Defined your life and who you are
- Restricted your choices
- Or hijacked your sense of a positive present or future

. . . this workshop will offer a door to restore your positive future.

This free Brain-based Workshop introduces you to Havening . . . a group of gentle movements married to positive imagery and affirming words that change the feelings and neurochemical reactions and erase the encoded traumatic response. Havening is the discovery of Ronald Ruden, MD, PhD, a Harvard Trained neuroscientist who spent 20 years studying the impact of trauma on the nervous system.

## About Stephanie Shipper

Your workshop leader Stephanie Shipper has 33 years background as a Certified Trainer of Neurolinguistic Programming (NLP,) a Consulting Kinesiologist, IAKP, a Certified Practitioner of Integral Eye Movement Therapy IEMT, and a Certified Havening Practitioner.

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