

THRIVING, NOT JUST SURVIVING© - Michael Skinner Presentation & workshop

60 – 90 minutes

Trauma Awareness & Healing with Music, Thoughts & Conversation – *We all deserve to Thrive*

“Music expresses that which cannot be said and on which it is impossible to be silent.”
Victor Hugo

WHO WHAT WHEN WHERE WHY & HOW

Who is Michael Skinner & what happened to him, when, where, & why he does this and how he healed

Workshop participants will learn there is *Thriving after surviving*

“Until you make the unconscious conscious, it will direct your life and you will call it fate.” Carl G. Jung

- hearing from a peer who has endured a lot of trauma, abuse & mental health challenges and thrives
- we are people first, not a diagnosis – *A Diagnosis is not a Destiny*
- will come away with a greater awareness on how the trauma and abuse in their lives has affected them physically, mentally, emotionally and spiritually
- not to minimize their trauma & abuse
- not your fault, address shame and guilt – What happened to you? vs. What’s wrong with you?
- address strength, courage and resiliency
- address boundaries for self and others
- address triggers [known and unknown], self-sabotage, broken trust and betrayal – rebuilding trust, sadness, loss and grief, shame, fear, love, gratitude, stigma & discrimination, safety, support, relationships, overcoming stereotypes, anger, acceptance, potential, finding balance in life
- there is healing – resources to share on websites, books, self-help groups

- resources to share on alternative healing modalities/techniques that can be done alone or with others – yoga, Reiki, acupuncture, Mindfulness, EFT- Emotional Freedom Technique [tapping - psychological acupressure technique], EMDR - Eye movement desensitization and reprocessing, massage, chiropractic, CST - CranioSacral Therapy, self help groups/peer support, journaling, meditation, Somatic Experiencing, music, drumming, creative arts, exercise, dance/movement

“Our lives begin to end the day we become silent about things that matter.” Martin Luther King, Jr.

A diagnosis is not a destiny

www.survivingspirit.com – Healing the Heart Through the Creative Arts, Education & Advocacy - Hope, Healing & Help for Trauma, Abuse & Mental Health

www.mskinnermusic.com - Hope, Healing, & Help for Trauma, Abuse & Mental Health through music, resources, & advocacy

<https://www.facebook.com/michael.skinner.5680> – Facebook - Friends, Music & Advocacy

www.youtube.com/mcstrain - live performance of "Brush Away Your Tears" – a song written for those hurt as children

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"BE the change you want to see in the world." Mohandas Gandhi