

Epigenetics & Trauma

March 14th, 2023

14:00-16:00 MST



We will review a definition of trauma and its symptoms; understand how it can be passed down from previous generations through epigenetics; understand the intergenerational trauma response; how to reverse the damaging effects of trauma; what community and individual resources help to heal trauma; and the characteristics of resilience.

Learning Outcomes:

- Learn the definition and symptoms of trauma;
- Learn the 7 hallmarks of trauma;
- Understand epigenetics and the mechanisms of inheritance;
- Understand the effects of trauma on children;
- Learn the principles that help to heal intergenerational trauma;
- Learn the features and characteristics of resilience;
- Learn the diet, foods and supplements that promote healing of trauma

Speaker:

Sat Dharam Kaur has been practicing as a naturopathic doctor since 1989, with a focus on women's health, cancer and mind-body approaches to healing. She has been studying, hosting, working and teaching with Dr. Gabor Maté since 2012, and structured his work in a format that could be taught to others, which is now the Compassionate Inquiry Professional Online Training. Her educational background includes a BA with a major in psychology and English literature, and a B.Sc. in biology from the University of Guelph, Ontario, Canada. She completed postgraduate studies in naturopathic medicine at the Canadian College of Naturopathic Medicine in Toronto and taught stress management and women's health at the Canadian College of Naturopathic Medicine for 10 years. She has written three books on women's health and has presented at numerous conferences. Sat Dharam is an expert instructor in Kundalini Yoga, which she has practiced and taught for over 45 years. She has developed yoga-based curriculums in addiction recovery, trauma and breast health and trains teachers globally in those specialties.



Target Audience: Health care workers, community members, chiefs and council members, teachers, addiction counsellors, interested family members:

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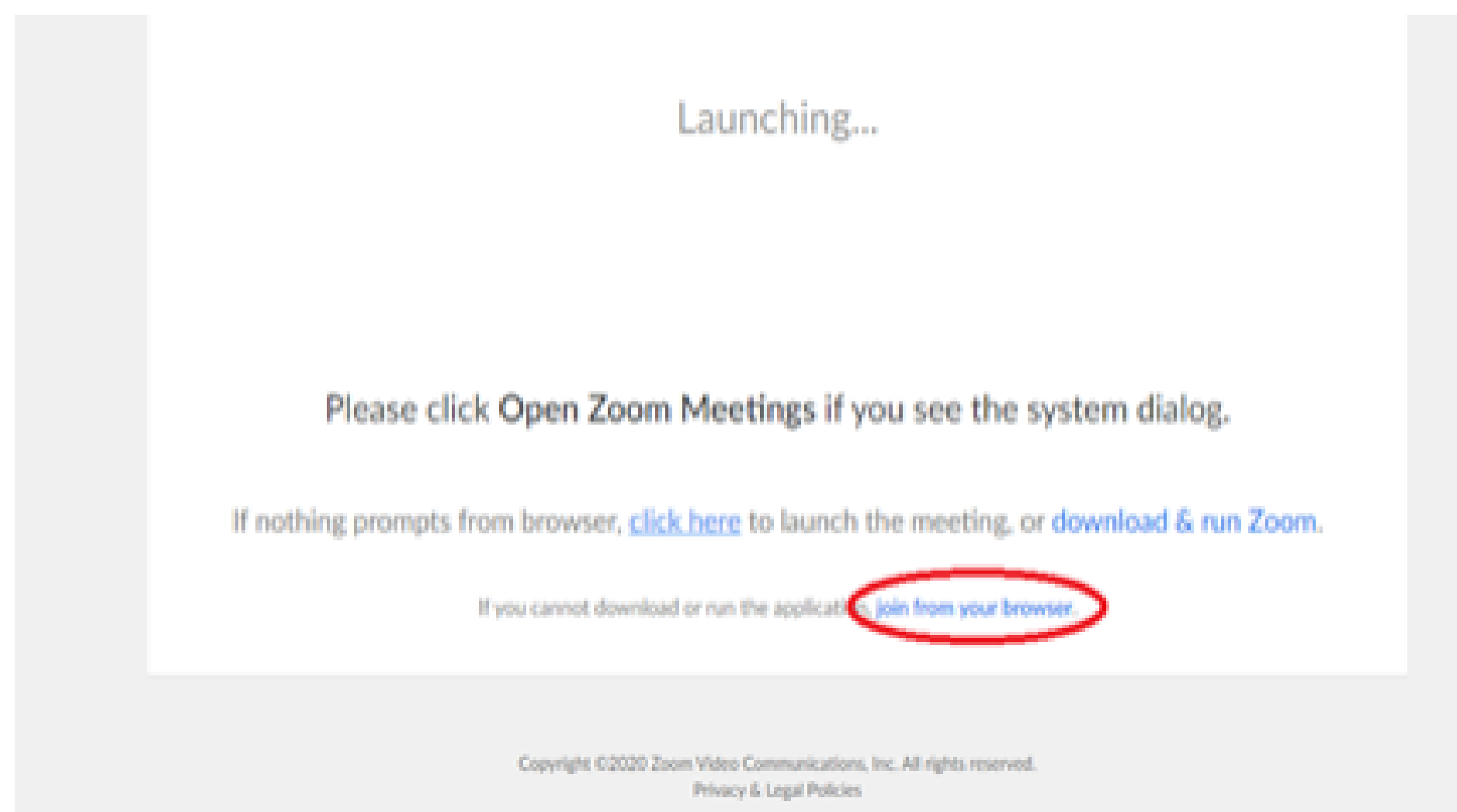
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