



Have You Lost Connection to Your Essence? Would You Like to Reacquaint with Yourself Deeply and Intimately?

Mindful Somatic Therapy for Self Discovery, Trauma Resolution and Addiction Recovery

You have an innate ability to heal.

- Do you long to touch the unspoken, unexamined and unexpressed parts of yourself?
- Do you desire to understand the non conscious beliefs that colour your perception and influence your behaviour?
- Have you experienced a traumatic event, past or current, that you're having a hard time rebounding from?
- Are you interested in using a mindful and somatic approach to explore and overcome addictive tendencies?
- Would you like to live an authentic life, tapped into your creativity and passion?

You cannot transcend what you do not know, to go beyond yourself you must know yourself
~Sri Nisargaddata Maharaj

Using a mindful somatic approach, we will journey home toward your truest self.



Sunyata Calogeros-Smith
530 East 17th Avenue,
Vancouver BC, V5V 1B3

~ email
For an appointment

[CLICK HERE](#)

My approach is heart centered, mindfulness based, and somatically oriented. I tend to hold a non-pathologizing perspective and work in a non-forceful style. I want to welcome you into an environment of nurturing and safety. I have a deep trust in your process, inner wisdom and innate ability to heal. I bring with me a genuine presence, authenticity and humor to your session.

All of you is welcome: your joy and sorrow, your hopes and fears, your anxieties and enthusiasms, your dreams and longings. I aspire to help you feel accepted and comfortable enough to explore and express the deepest aspects of your full self. My work embraces self exploration, self discovery and movement toward better self regulation.

I can help you transform trauma, explore addictive impulses and uncover and align with more of your authentic self.

I employ mindfulness, somatic awareness and spiritual exploration to help you :

- tap into your inner resources
- connect with your aliveness
- make sense of your life
- come to a deeper recognition of who you truly are.

I will orient to your unique needs, using a flexible and integrative approach to fit each individual.

Addiction and Trauma are closely connected.

Did you know trauma is often the underlying source of addictive and compulsive behaviours?

Addiction Recovery ~ It's within your reach

Addiction is often considered to be a genetic "disease" yet I see there is much more to the addictive drive than simply genetics. Furthermore I see addiction as an *expression of an internal, underlying chronic sense of unease and distress that is seeking to find resolution.* A predisposing genetic susceptibility needs to be coupled with a "ripe" environment for genetic influence to take expression as addiction. Therefore, taking an inner exploration into how one has been influenced and affected by their environment (especially their early childhood environment) is a fundamental starting point to recovery.

Addictive substances and behaviors help us deal with **unintegrated feelings** such as deep sadness, anger, resentment, and feelings of low self worth. Unhealed trauma (particularly early childhood traumas) can predispose one to addictive impulses. At the very heart of addiction there is almost always emotional loss.

Substance use is only one form of addiction. If the tendency is there, almost anything can be used compulsively; shopping, internet use, gambling, eating, exercise, work, even becoming a "collector" of fine things. In a sense we all exist to some degree on this continuum of self medicating.

Addiction can be defined as *"any behaviour that is associated with craving and temporary relief...that has negative long term consequences but a person continues to crave it and relapse into it, despite those negative consequences"* --Gabor Mate.

I believe that all emotions, addictive impulses and behaviors make sense and can be used to guide in the direction of healing...[more](#)

Trauma Resolution ~ Trauma can be resolved and transformed

The experience of trauma is common and yet the understanding of trauma symptoms is only beginning to enter the collective consciousness.

Trauma is an injury to the entire system. It can be caused by a single event, or repetitive experiences that leave us feeling overwhelmed, powerless, confused and dis-regulated.

If you have experienced any of the following, it is probable that you are experiencing trauma energy that has become stuck.

- a pervasive feeling of impending doom
- an inability to feel at peace even with lots of meditation; prayer, purposeful relaxation techniques or "spiritual insight"
- addictions of any kind
- feelings of isolation
- a sense of disconnection
- an inability to feel love and a sense of bonding
- panic or anxiety attacks
- hyper-vigilance
- an exaggerated startle response
- chronic sleeplessness and/or nightmares
- overwhelming worry and fear
- depression
- intrusive thoughts or memories
- migraine or persistent body tensions
- body pains that can't be diagnosed
- reduced ability to deal with everyday life stressors
- compulsive actions
- looping life patterns that have not been resolved with talk therapy

The undischarged energy of trauma can become frozen in the brain and nervous system causing emotional and physical suffering. [Frozen trauma symptoms can be transformed through the wisdom of the body...more](#)

My "helpers" in our collaborative journey:

Hakomi

Hakomi is a mindfulness based method of assisted self discovery and emotional healing. It has much to offer anyone seeking *more joy* and *less suffering* in their life and is suitable for those on a quest to *deepen their self-awareness* and get in touch with their innate wholeness.

It can benefit individuals who want to better understand the inner landscapes of their emotional world and the beliefs and attitudes which influence behavior. It can be helpful to those who feel stuck in a repetitive pattern and are interested in uncovering the origin of it...[more](#)

Somatic Experiencing

Somatic Experiencing is a body oriented therapy that helps heal trauma and restore balance to an overstimulated nervous system. SE reawakens the body's healing wisdom and helps facilitate awareness and release of arousal and physical tension that remains in the body in the aftermath of trauma.

It is invaluable in the **resolution of trauma**, whatever the origin; shock trauma or developmental (early childhood traumas, abuse and neglect, etc.)...[more](#)

Somatic Practice

Somatic Practice is an integrated somatic approach used to support recovery from developmental trauma.

It includes touch-based methods for supporting and restoring resilience and self-regulation.

This is the first, the wildest and the wisest thing I know: that the soul exists and is built entirely out of attentiveness.
~Mary Oliver



Are you ready to venture on a journey of self discovery and healing?

[CONTACT ME](#)

Sunyata Calogeros-Smith
530 East 17th Avenue
Vancouver, B.C. Canada, V5V 1B3
~ email