



## Southern Arizona Friends of Jung

### **Penetrating the Darkness: Releasing Trauma from the Body**

Amy Sprague Champeau,  
Jungian Analyst

**Sat, March 18, 2017**

#### **Lecture**

**10:00am-12:00pm**

#### **Bloom Room**

Members: \$15

Non-Members: \$20

#### **Workshop**

**1:00-5:00 pm**

#### **Bloom Room**

Members: \$50

Non-Members: \$65

**Grace St Paul's  
Episcopal Church  
2331 E Adams St  
Tucson, AZ**

**Pre-register  
at [www.safoj.org](http://www.safoj.org)**



Lecture:

### *Penetrating the Darkness: Releasing Trauma from the Body*

*The symbols of the self arise in the depths of the body. —C.G. Jung*

Our bodies are the context for all our experiences as human beings. The field of trauma therapy now recognizes that “the body keeps the score” of all that has happened to us. In the lecture portion of this workshop, we will explore trauma from a Jungian perspective. We will discuss the experience and concept of the ‘somatic unconscious’ and the risks and benefits of using the body as a gateway and ‘royal road’ for accessing and releasing negativity and unconscious material so that we experience, as Marion Woodman says, “more positive energy” and “genuine Light”. The presenter will speak from her experience as a Jungian analyst and her training in a deep form of bodywork which is designed to release trauma and negativity from the body.

Workshop:

### *Practices for Releasing Trauma from the Body*

In this interactive and experiential workshop, participants will learn 3-5 simple, yet profound techniques for penetrating the darkness of the unconscious held in the tissue of the body. We will have the opportunity to experience how using our conscious awareness to connect with what is unconscious in the body can allow us to release and more fully process the trauma of extreme experience and the accumulation of stress. Please wear comfortable clothes and bring a yoga mat and journal.

**Amy Sprague Champeau** is a Jungian analyst and licensed marriage and family therapist with a private practice in Tucson, Arizona. She is a graduate of the C.G. Jung Institute of Chicago where she is a faculty member and regular speaker in the Institute’s public programs. She is a certified practitioner in TRE (tension and trauma releasing exercises), EMDR and Integral Bodywork, is the founder of the Moment-to-Moment Intuitive Painting Process and is a long-time practitioner of zen meditation.

