

Aromatherapy for Trauma & Addiction

by Cathy Skipper and Florian Birkmayer, MD

May 11-12 (Fri-Sat), 2018

Presenting a weekend workshop with two of aromatherapy's leading exponents of the transformative power of aromatic plants, essential oils and hydrosols. Cathy Skipper and Dr. Florian Birkmayer bring together a knowledge and skill-set that encompasses French medical aromatherapy, holistic psychiatry, spiritual alchemy and intuitive plant communication.

Applied AromaGnosis

Aromatherapy for
Trauma & Addiction



Addiction is the archetypal illness of modern consumer society. Why do we 'addict', and what is our healthy power underneath that? For many people, addiction is the first glimpse they catch of the limits of their 'free will' and the power of the unconscious. For many it can be a harrowing encounter with the archetype of the Shadow — a power within our psyche that we have no conscious control over.

How can aromas support us on the healing journey out of addiction and co-occurring conditions, such as trauma? Aromatherapy can be an important tool in the treatment of substance abuse and co-occurring disorders. When used by trained specialists, essential oils are safe, simple and effective both in alleviating symptoms as well as in helping to increase self-awareness and to transform consciousness.

Olfaction is a powerful sensory modality and olfactory receptors have been found in nearly every tissue of the body as well as in parts of the central nervous system relevant to addiction and motivation. Essential oils are widely used to support and alleviate nervous symptom disorders such as those triggered by addiction; ie. anxiety, sleep disturbances, panic attacks, depression, stress, etc. And they can go further, and become allies on a journey from addiction and trauma to individuation and personal myth. This is the journey we will be discovering in this class.

This 2-day workshop will provide a framework for using the power of natural scent for healing addiction and trauma, and includes hands-on exercises to deepen our intuitive relationship with these powerful plant allies.

What will you learn in this course?

- How to work with oils and the molecules of connectedness as living partners rather than tools.
- The importance of the Wounded Healer and working on ourselves to be able to better help our clients.
- Discovering the importance of personal myth and how to use oils to awaken to our personal myth.
- Working with oils for Shadow work; ie. What is being covered up by addiction?
- Alchemical stages of addiction and healing, and the essential oils to help us work through each stage.
- Working with trauma – personal, family and historical – using oils.
- The importance of feeling the whole and of gaining a deeper understanding of microcosm and macrocosm, and healing our core wounds.
- We will explore some basic principles of treating addictions, including:
 - The importance of building self-efficacy.
 - Assisting stages of change with essential oils.
 - Essential oils that address symptoms of addiction.
 - Using essential oils to anchor new, healthy behaviors and new rituals.

HealCenterAtlanta.com 404.303.0007

Heal Center. 270 Carpenter Dr. Ste. 500-505. Atlanta, GA 30328

Registration – Register online HealCenterAtlanta.com or call 404.303.0007

Dates: May 11/12 (Friday – Saturday)

Time: 9.30am – 5.30pm both days

Registration Options

- Pay in Full: \$350 before April 20, \$375 after
- Register by paying a deposit of \$95, pay remaining balance by May 4th *

* Early registration price applies to deposits received by April 20. Regular price thereafter.

Register for Both Classes: May 11-14

Aromatherapy for Trauma & Addiction

Friday: 9.30a – 5.30p

Saturday: 9.30a – 5.30p

Aroma & the Alchemy of Menopause

Sunday: 1p – 6p

Monday: 9.30a – 5.30p

Registration Options

- Pay in Full: \$550 before April 20, \$600 after
- Register with a deposit of \$150, remaining balance due by May 4th *

BIOS



Cathy Skipper is English by birth and spent her adult life in rural France, where she farmed, trained and worked as a herbalist and aromatherapist and taught practical herbalism, botany and aromatherapy at the *L'Ecole Lyonnaise de Plantes Medicinales* in Lyon. She also participated for four years in an experimental approach to energetic healing called 'Life cell' under French Kinesiologist, Caroline Gupta. Her plant training in France included a two year course with Claude Lefebvre on Plant Communication. She left France last year to live and work in New Mexico with her partner Florian Birkmayer. Cathy's own work involves building bridges between

aromatic medicine and herbalism as well as recognizing the importance of healing the healer and reconnecting with nature. In her teaching she marries, theory, practical work and energetics with an underlying intention of helping students develop an intuitive relationship between themselves, the plant/essential oil and the patient as an impetus for healing. Her work with Florian is centralized around the work of Carl Jung and the psyche, aromatic molecules and the mind. For more info visit: cathyskipper.wordpress.com



Florian Birkmayer, MD is a Wounded Healer and the co-developer with Cathy Skipper of AromaGnosis, which synthesizes Jungian Depth Psychology and aromatherapy. A holistic psychiatrist, he has an extensive background in trauma and addiction as well as Equine Assisted Therapy. He views himself as a bridge-builder between different medical worlds and works closely and respectfully with a wide range of healers. He received his B.A. from Princeton University and his M.D. from the College of Physicians and Surgeons of Columbia University. He completed his psychiatry residency at the University of New Mexico. He has previously served as the director of the Dual Diagnosis Clinic at University of New Mexico Psychiatric Center and as the director of the Substance Use Disorders program at the Veterans Affairs Medical Center in Albuquerque, NM. For more info visit: aromagnosis.com

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