



## Dr. Gabor Maté: Compassionate Inquiry



Dr. Gabor Maté is a retired physician, known for his expertise on trauma and addiction. Dr. Maté is the author of four books, published in 25 languages, and is currently writing his fifth book. Explore the impact of our disconnected culture on the prevalence of mental illness and metabolic disease, and walk through the Compassionate Inquiry Process with Dr. Maté and Embodiment Conference Founder Mark Walsh.

**TOP EMBODIMENT TIP:** Understand that trauma is the disconnection from ourselves, other people, and the world. It can be repaired at any time. Reconnection is a possibility that lives with us, as long as we live.

### Beyond Biology: How Social Problems Impact Disease

- Emotional stress from our environment negatively impacts our physiology. Studies show that black women who experience more instances of racism have a higher incidence of asthma, and women with PTSD have higher rates of ovarian cancer. According to Canadian studies, men who were sexually abused in their youth have double the risk of heart attack and 50% higher risk of cancer.

### Narrowed Perspective: Modern Medicine's Lack of Focus on the Mind/Body Connection

- Many widespread illnesses can be seen as symptoms of a life lived in disconnection from the self. Stress contributes to flare-ups and worsening symptoms. Despite the evidence to support this, the average medical student receives no education about emotional trauma.

### Compassionate Inquiry: Why Do We Feel, Behave, and Think the Way We Do?

- This process seeks to nonjudgmentally uncover the reasons behind our addictive behaviors and deeply rooted feelings of disconnection, so we may find freedom from the double standards to which we hold ourselves. Dr. Maté guides Mark Walsh through a powerful exploration of the guilt and shame around stress eating, and how those emotions reflect experiences from the past.

### Resources

- ❖ **Books:** *Scattered Minds*; *When The Body Says No*; *In The Realm of Hungry Ghosts*; *Hold On To Your Kids*
- ❖ **Courses:** <https://compassionateinquiry.com/short-course/>
- ❖ **Website:** <https://drgabormate.com/>
- ❖ **References:** *Cured* by Jeffrey Rediger MD; *Radical Remission* by Kelly A Turner PhD



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

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