



Wendy Harris: Healing Trauma and All Types of Addictions through Connection



Wendy Harris is a Clinical Psychologist, Trauma and Addiction Specialist, International Yoga Trainer and Senior Compassionate Enquiry Facilitator for Gabor Matè. Explore the concept that we are all addicted, in some way, and that the route to healing trauma and addiction is through connection.

TOP EMBODIMENT TIP: Breathe. Consciously Breathe and Connect with the Body.

Redefining Addiction

- ***“Addiction is any behaviour that we crave, we find temporary pleasure or relief in, has negative consequences, and we cannot stop despite the negative consequences.”***
- While scrolling on Facebook or Instagram; Work; Sex; Exercise; Texting while Driving; Netflix Box Sets are all examples of addictive behaviours. It is an attempt to self soothe.

Redefining Trauma: Not All Trauma is a ‘Big T’ Trauma

- Trauma is a disconnection in response to an event or circumstance that caused discomfort. The trauma gets carried in the body thereafter, shows up in our core beliefs, and through our relationships with ourselves and others.

Covid-19: We Are All Experiencing Extreme Emotional Disconnect

- Emotions of Anger, Sadness and Fear have been maximised this year, with isolation and separation compounding this. The pandemic is a massive trigger back to any earlier traumas being carried in our bodies.

Connection: The Pathway to Healing From Trauma and Addiction is Through Connection

- *“Between a stimulus and a response, there is a space, and in that space is our power to choose our response, and in our response lies our growth and our freedom” - Victor Frankl*
- We can find connection through our bodies in many different ways. A self hug, yoga, through nature, or through animals.
- Ask yourself and your body what it needs at any given time.

Resources

- ❖ **Books:** *Beyond Addiction: Kundalini Yoga and Mindfulness Meditation for Recovery from Opioid Dependence*
- ❖ **Courses:** Overcoming Addiction, available at www.nesoteric.com
- ❖ **Website:** www.drwendyharris.com
- ❖ **Email:** doctorwharris@gmail.com



Wendy Harris





All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)