



Dissociation & Mindfulness

The Rosetta Stone to Healing
Deep Wounds



Date: November 8, 2025

Format: Live online

Audience: Clinicians

Pricing: Early Bird \$288.99 | Regular \$349.99 | Student \$199.99

Overview

Dissociation protects life under threat. Mindfulness helps regulate when safety returns. These two forces are always present in the therapy room. When we can see both, we can treat what is really happening, not just the surface story. This course shows you how to track isolation threat, teach safe presence, and pace care so the body can receive it. You will leave with a practical frame that is simple to use and easy to explain.

What You Will Learn

- Spot dissociation and mindful presence in real time.
- Explain why dissociation persists and how it shows up subtly.
- Work with isolation threat without shame or overwhelm.
- Pace care to avoid renurturing spikes and retraumatization.
- Rebuild presence through co-regulation and simple practices.

Who Should Attend

Clinicians who support trauma, attachment issues, or chronic dysregulation.

Format and Materials

Clear teaching, live tracking examples, short skills, and a printable client explainer.

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