FROM DARKNESS TO LIGHT
A theoretical and experiential workshop for therapists and healing professionals working with adult survivors of childhood sexual abuse

**Elena Hull and Allison Talis**

**SATURDAY, MARCH 31, 2012, 10:00AM-4:00PM**

Participants will learn:

- How to create a “Sacred Temenos” for working with physical, psychological, and spiritual violation; developing a safe and creative container for both client and healing professional to work through the darkness and isolation of sexual trauma
- An integrative treatment style for working with adult survivors of childhood sexual trauma
- The relational impact of developing inside a family/cultural system where sexual abuse has been secretly or knowingly a part
- How to survive the work: understanding vicarious trauma, resourcing, maintaining healthy boundaries, self-care, supervision, and connection to community

Elena Hull will present and integrate trauma-informed developmental, transpersonal, and attachment theory using music, poetry, art, and film. Through mindfulness, movement and meditation, Allison Talis will ground participants and create space for movement, play, and inner resourcing.

**ELENA HULL**, LMFT, LCAT, is a CIIS graduate from the Expressive Arts Therapy program. She is the cofounder of Sacred Temenos, clinical director of Midtown Marriage and Family Therapy, retreat specialist and clinical consultant for the Joyful Heart Foundation, and a private practitioner.

**ALLISON TALIS** is a cofounder of Sacred Temenos. Talis served as retreat specialist, national wellness consultant, and lead practitioner for the Joyful Heart Foundation. She is a certified yoga instructor. She also offers classes for trauma survivors and is in private practice.

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