

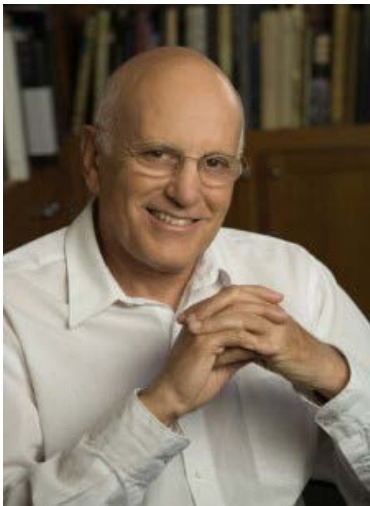
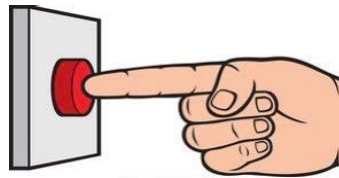
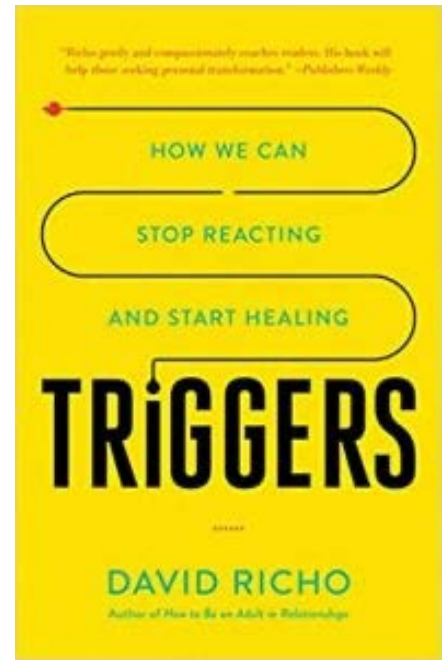


Word and Life: May 2020 Series

David Richo presents **Triggers: How We Can Stop Reacting and Start Healing**
An Online Series at Zoom.us

Best-selling author and psychotherapist David Richo examines the neuroscience of triggers and our reactions of anger, fear, shame, and sadness - helping us to understand why our bodies often respond before our minds can make sense of a situation.

Dr. Richo adds “We are all triggered at times by what people say or do, especially in relationships. We can learn from our triggers about ourselves. We can find out what we need to work on, what is still unresolved in us. Then our triggers help us finish unfinished business. For this help we go to psychology with help from neuro-science. We can do spiritual practices, especially ones from Buddhism such as mindfulness and loving-kindness.”



David Richo, PhD, MFT, is a psychotherapist, teacher, workshop leader, and writer who works in Santa Barbara and San Francisco California. He combines Jungian, poetic, and mythic perspectives in his work with the intention of integrating the psychological and the spiritual. His books and workshops include attention to Buddhist and Christian spiritual practices.

We hope you'll join us for this online series

May 7 Introduction and Chapter 1 (What Triggers Us and Why)

May 14 Chapter 2 (Traumas and Resources), Chapter 3 (How To Handle a Trigger), and Chapter 4 (The Sadness Trigger)

May 21 Chapter 5 (The Anger Trigger), Chapter 6 (The Fear Trigger), and Chapter 7 (Relationship Triggers and Resources)

May 28 Chapter 8 (Spiritual Resources), Epilogue, and Appendix

All presentations will be held online at Zoom.us from 10:00 to Noon

Registration fee is \$25 for all four Thursdays. You will also need to purchase the book from Dr. Richo's website (Davericho.com/books). All registrants will receive an email from Judith McDermott on the evening before each presentation with a link to join the session.

Send check and info (phone, email, address) to Judith McDermott 3731-2 Gregory Way SB, CA 93105