

Resources to Heal Trauma

Generated during
Healing from Trauma 2.0

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Centers

- One Yoga
 - <http://one-yoga.org>
- People's Movement Center
 - <http://www.peoplesmovementcenter.com>
- Healing of Memories Workshops
 - <http://www.loyolaspiritualitycenter.org>
- Eiko Bodywork
 - <http://eikobodywork.com/>
- Somatic Experiencing, The Healing House of Saint Paul
 - <http://www.healinghousesaintpaul.org/healing-trauma/>
- Sexual Violence Center
 - <http://www.sexualviolencecenter.org>
- American Indian Family Center
 - <http://www.aifc.net/>
- Chinese Acupuncture and Herb Center
 - <http://www.chineseacupunctureherbcenter.com>
- The Center for Mind-Body-Medicine
 - <http://www.cmbm.org/mbm>

Consulting

- Joan Haan Coaching and Consulting
 - <http://www.joanhaan.com>
- Stanton Adams Consulting
 - <http://www.stantonadams.com>

Practitioners

- Dr. Christine Sigurdson, MD, PhD (Mindfulness Based Stress Reduction)
 - Sigurdson.chris@gmail.com
- Taja Will (Energy Medicine)
 - <http://tajawill.com>
- Lisa Nadeau, RDN, LD, CLC (Registered Dietitian Nutritionist)
 - <http://www.benoursihedonline.com>

Programs

- The Aliveness Project
 - Lauri Simons, 612-822-7946
 - <http://www.aliveness.org>
- MADDADS
 - <http://www.minneapolismaddads.org>
- Lutheran Social Service Minnesota
 - <http://www.lssmn.org>

Group Specific

- Boneshaker Books
 - GLBTQIA Space
 - <http://www.boneshakerbooks.com>
- The Africa Paper
 - <http://www.theafricapaper.com>