

Dr. Natasha Fallahi - Healing Trauma for Sensitive 2024

During this 7-week live video course, you'll learn:

- Why **your sensitivity can be one of your greatest assets** in your trauma-recovery journey
- Tools for **customizing your holistic healing care**, including yin and yang medicine tools and techniques
- A new perspective on trauma, its **specific impact on highly sensitive people**, and the importance of a holistic approach to trauma recovery
- How to assess your personal journey with a **Sensitivity Quiz**
- About **the critical role nutrition plays in trauma recovery**, with information on natural remedies and food-based practices
- How to **cultivate a healthier response to stress** through balancing your nervous system
- **Mind-body tools** for managing difficult emotions, including high levels of stress
- How to craft a **personalized plan to integrate and sustain** all the new practices and information you've accumulated

What You'll Discover in These 7 Weeks

In this 7-week transformational course, Dr. Natasha will guide you through the fundamental skills and competencies you'll need to successfully experience trauma recovery as a highly sensitive individual.

Module 1: Understanding a New Perspective of Trauma So You Can Begin to Heal as a Highly Sensitive Person (August 27)



As this journey gets underway, you'll gain an understanding of trauma and its unique impact on highly sensitive individuals.

As Dr. Natasha sets the foundation for the weeks to come, she'll guide you to explore the principles of mind-body medicine and psychoneuroimmunology.

Psychoneuroimmunology, or PNI, describes the close relationship between your immune, nervous, and endocrine systems. Previously, science had separated the mind and body, believing one did not influence the other. However, psychoneuroimmunology (PNI) proves otherwise and new research is showing that there is a substantial interaction between these three systems.

You'll learn about the interconnectedness of the mind, body, and spirit in the context of healing, and examine the concept of resilience.

In this opening module, you'll explore:

- **The nature of trauma** and its specific impact on highly sensitive people
- The importance of a **holistic approach to trauma recovery**
- How **sensitivity can be a strength** in your healing process
- The importance of **self-compassion and self-awareness**
- Assessing your personal journey with the help of a Sensitivity Quiz
- A **guided mindfulness meditation** for grounding and body awareness

**Module 2: Create a Personalized Nutrition Plan for Stress Reduction
(September 3)**



Dr. Fallahi will focus on the critical role nutrition plays in trauma recovery, emphasizing natural remedies and food-based practices.

You'll learn about the impact of diet on stress and how specific nutrients can aid in healing. You'll also discuss the importance of supporting adrenal response, balancing blood sugar, and managing inflammation through dietary choices.

As "The Sensitive Doctor," Dr. Natasha's approach to food and healing is to find what works for you — your body, your constitution, your goals, your mental health, and your lifestyle.

Getting rid of "trigger" foods that cause inflammation is always a priority. Once you find a baseline of foods that work well for you, you can tailor your diet to your body's specific needs.

In this module, you'll learn:

- The **role of nutrition** in managing stress and trauma recovery
- About key nutrients that **support adrenal health**
- How to **balance blood sugar levels** to reduce stress
- About **anti-inflammatory** foods and their benefits
- The impact of **gut health** on emotional wellbeing
- Practical strategies for **incorporating healing foods** into your daily life
- A guided exercise where you'll **practice reading labels** and create a personalized nutrition plan focused on blood sugar and adrenal support

Module 3: The Post-Traumatic Brain — Balancing Your Nervous System for Healthier Responses to Stress (September 10)



Fight! Flight! Freeze! Fawn!

While stressors aren't always within our control, how the body responds to stress, to a large extent, *is* within our control. As Dr. Natasha will explain, **your vagus nerve can alter your stress response**, positively or negatively. The key is understanding how the vagus nerve works and the best ways to support it.

She'll share techniques for **regulating the autonomic nervous system**, which plays a crucial role in the body's stress response.

You'll explore practices that activate the parasympathetic nervous system, promoting relaxation and healing.

In this module, you'll explore:

- The **autonomic nervous system's role** in stress response
- **Techniques** to activate the parasympathetic nervous system for *rest + repair*
- The **importance of breathwork** and its impact on the nervous system
- How to use your mind to **reduce tension in your body**
- The **role of vagal tone** in emotional regulation
- **Practical exercises to implement daily** for nervous system regulation
- Guided vagal exercises featuring breathwork to activate the **parasympathetic nervous system**

Module 4: Techniques & Practices for Managing Your Difficult Emotions
(September 17)



Dr. Natasha will guide you in **developing emotional regulation skills** that are essential for trauma recovery.

You'll learn various techniques to manage and process emotions, including cognitive-behavioral strategies, mindfulness, and non-violent communication (NVC) concepts.

NVC is a method of empathetic conversation that focuses on understanding and meeting the needs of both the speaker and the listener.

As Dr. Natasha will explain, the language of NVC includes two parts: honestly expressing ourselves to others, and empathically hearing others. Both are expressed through four components: observations, feelings, needs, and requests.

In this module, you'll discover:

- How to **identify and label emotions** accurately
- **Cognitive-behavioral strategies** for managing difficult emotions
- **Mindfulness practices** for emotional regulation
- How to develop a personalized **emotional regulation toolkit**
- How to refine the nonviolent communication techniques you'll learn, connecting with your fellow participants in **breakout room practice sessions**

Module 5: Somatic Stress Management Strategies for Releasing Tension & Promoting Relaxation (September 24)



Dr. Natasha will guide you to explore comprehensive stress management strategies through your physical body.

The body's physiological response to stress often appears as a series of changes that occur through nerve and hormonal signals. You'll learn how somatic techniques can help manage stress by focusing on the body and its physical experiences.

Dr. Natasha will discuss the physiological and somatic aspects of stress and introduce techniques such as mind-body medicine, body-based exercises, and lifestyle modifications to reduce stress levels.

In this module, you'll discover:

- The profound **impact of stress** on the body and mind
- Effective exercises to **heal chronic mind-body disconnects**
- **Simple relaxation practices** to incorporate into your daily life
- The role of **physical activity** in stress reduction
- How to create a **stress management plan for your body**
- The importance of **movement for achieving balance**
- How to release common areas of tension through a **guided session of progressive muscle relaxation**

Module 6: Incorporate Energy Medicine & Healing Practices Into Your Holistic Recovery Plan to Connect to Your Inner Vibrancy & Life Force (October 1)



Dr. Natasha will focus on energy medicine and its role in trauma recovery in this session.

She'll cover a number of different energy healing practices you can explore and integrate into your healing journey including Reiki, acupuncture, and Qigong.

Through these practices, you'll access the yin energy that focuses on receptivity, restoration, intuition, and creativity. It includes surrendering the mind and body, letting go of control, accepting influence and help from others, and being open to receiving love and care.

In this module, you'll explore:

- An introduction to **energy medicine** and its benefits
- Different types of **energy healing practices**
- The role of **subtle energy centers** in trauma recovery
- **Simple energy exercises** for daily practice
- How to incorporate energy healing into a **holistic recovery plan**

Module 7: Create a Personalized Plan to Integrate & Sustain Your New Healing Practices (October 8)



In this final class session, you'll learn how to integrate and sustain the practices you've learned throughout the course.

You'll discuss the importance of **creating a long-term healing plan** and how to maintain progress. You'll also have the opportunity to share experiences and insights you've gleaned from the course.

Dr. Natasha will explain the **importance of integration** in sustaining healing and share strategies for **maintaining progress** after the course concludes.

In this module, you'll explore:

- The role of **community and support networks** in ongoing recovery
- Practical tips for **continuing mind-body practices**
- The importance of **self-compassion** and continuous self-awareness
- A **guided reflection and sharing session** to solidify learning and create a personalized long-term healing plan

The Healing Trauma for Sensitives Bonus Offering

In addition to Dr. Natasha's transformative 7-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

When you register TONIGHT, Friday, August 23, by Midnight Pacific, you'll receive the bonus below as an extra gift:

Trauma Healing Workbook for Sensitive Souls

Digital Workbook by Dr. Natasha Fallahi



Dr. Natasha Fallahi created this **34-page PDF interactive healing workbook** to help you assess and track progress on your individualized healing journey — and discover ways to love, respect, and care for your sensitive self. You'll determine your unique types of sensitivity, trauma, and wounds, so you can customize your holistic healing care with tools and techniques of yin and yang medicine.

Register through August 23 to claim this bonus before it expires.

Plus... you'll receive these bonuses too!

Trauma Assessment Quiz Pack

Digital Quizzes From Dr. Natasha Fallahi



Sensitive people are much more prone to having traumatic experiences and carrying their effects with them. Do you realize how much stress and past traumas are impacting your life right now? **Take these quick and simple quizzes** to determine how much you are being affected and begin to uncover your unique triggers. The first step to healing is recognizing where the problems are stemming from.

Club Sensitive Community Membership

Six Months of Complimentary Access



Join this community at the intersection of healing + feeling. **Dr. Natasha's virtual Club Sensitive community brings together sensitive people with anxiety, depression, and overwhelm.** Members connect with their intuition, develop holistic rituals, overcome trauma, meet kindred spirits, and share stories — using mind-body techniques, energy medicine, healing foods, and a natural lifestyle. You can harness our own magic, tap into your superpowers, experience true wellness, build lasting relationships, and finally feel at home in this world.