

LEARNING THE HARD WAY!

- JANE EVANS



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Learning Together Online

Resource Guide

# About Jane Evans

I am a speaker, trainer, author, coach, and consultant.

My work utilises my direct learning and self-study. I aim to make understanding and supporting Trauma understandable and accessible for all.



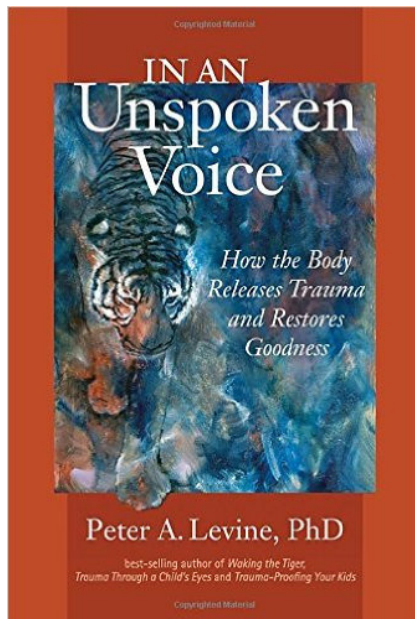
**Jane Evans**



# Resources

## Tension & Trauma Releasing Exercises- [CLICK HERE](#)

### Reading



**\*\*Unraveling Trauma in the Body, Brain and Mind a Revolution in Treatment\*\***

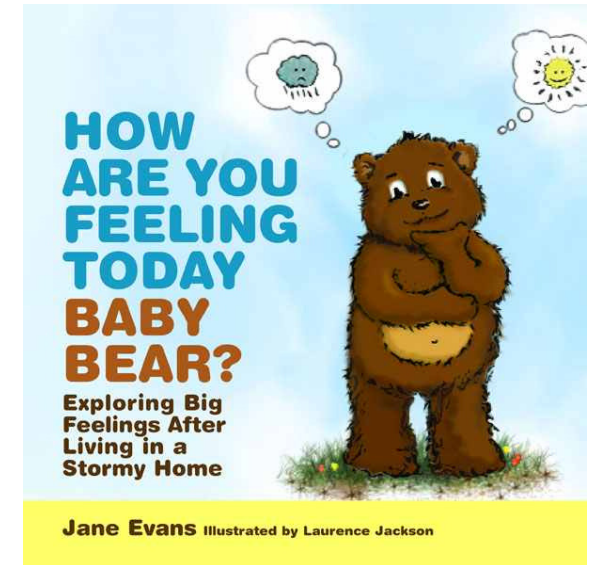
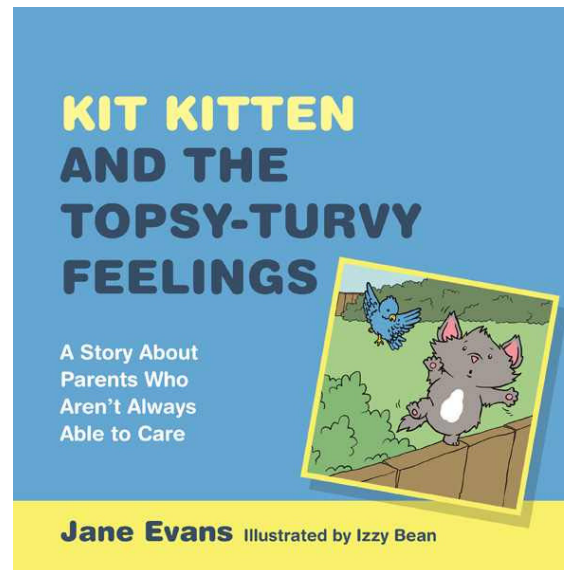
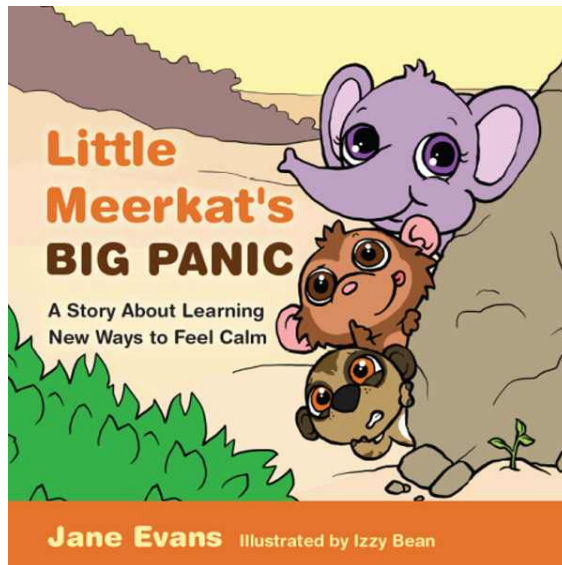
In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. "In an Unspoken Voice" is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings."

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# Jane's Publications



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# Contact Jane

[www.thejaneevans.com](http://www.thejaneevans.com)



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- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

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