

Hello dear Mother-Baby Healthcare Specialist,

This is Hilary Jacobson. You may know me from my books [Mother Food](#), [Healing Breastfeeding Grief](#), and [A Mother's Garden of Galactagogues\\*](#).

Since January, 2020, I have been offering a monthly workshop to IBCLCs, doulas, midwives and MDs called "Meeting Trauma with Presence."

This workshop is changing. To allow time to more fully work through the increasing grief and trauma of these times, the class is now 6 weeks and is called "Cultivating Presence for Self and Others".

#### A 6-Week Workshop

The trauma and grief resolution processes of hypnotherapy, in combination with intuitive listening, mindfulness, energy work, somatic experiencing and the premises of "parts therapy" allow endless space for creative and effective processing.

We will work toward the ability to get out of one's head and get into an embodied inner knowing and connection to self.

Note: This class requires students to be accepting of persons of different political, religious, and medical beliefs and opinions.

#### TIME

We meet once weekly on Wednesdays, 5pm PT, for 90 minutes on zoom.

Dates: January 12, 19, 26, and February 2, 9, 16

There is one make-up session for those who miss one meeting.

#### PRICE

The early-bird price is \$500

You can pay [here](#).

For more information, [check out this webpage](#), scroll to the bottom for video testimonials.

A reminder: you can reserve your spot now if you [pay here](#).

Feel free to [contact me](#) with any questions.

Kind Regards,

Hilary JacobsonB

### **Mothering Innovations LLC**

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