



# Professional & Clinical Resilience Course Catalog

***Tools for practicing with integrity, resilience, and imagination.***

## **Who It's For**

Therapists, coaches, healthcare professionals, educators, and nonprofit leaders navigating complex ethical and relational challenges.

## **About The Courses**

These workshops weave together ethics, somatic resilience practices, creativity, and systems-thinking. They support professionals in deepening their practice, addressing harm with accountability, and strengthening their ability to hold space for others while staying grounded themselves.

## **Featured Workshops**

- Ghosts in Our Bones — Rethink ethics as more than rules. Explore interdependence, complexity, and practicing in compromised times.
- On Doing and Undoing Harm — Understand harm as behavior, not identity, and explore accountability and community care tools.
- Power, Shame, and Whiteness — Build resilience and accountability by unpacking bias and cultural narratives.
- The Art of the Grant — A creative, approachable guide to writing and securing funding without losing your vision.
- Listening Across the Lifespan — Practical strategies for intergenerational communication and relationship building.

## **Commitment**

All offerings are trauma-informed, accessible, and grounded in equity. Professionals leave with tools that are not only practical, but deeply human.



[www.nerdsomatics.life](http://www.nerdsomatics.life)



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