

# Journey to healing Trauma informed: IFS, ACT and Mindfulness Coaching Program



**Developed by:**  
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# Workshop 1

## Introduction to IFS and Emotional Trauma

In this introductory session, we'll explore the basics of Internal Family Systems (IFS) and how it relates to emotional trauma.

Participants will gain an overview of trauma-informed mindfulness coaching, setting the stage for the journey ahead. We'll discuss the nature of trauma, its impact on the mind and body, and the principles of mindfulness that can aid in healing.



# Workshop 2

## Mindfulness of the Breath and Body Awareness

This session focuses on cultivating mindfulness through breath and body awareness. Participants will learn techniques to anchor themselves in the present moment by focusing on their breath and bodily sensations. Exploring the symbolic connection of breathing with life force. Understanding the mind-body connection is crucial for recognizing and managing trauma responses.



# Workshop 3

## Mindfulness, and Emotional Regulation

In this workshop, we'll examine how mindfulness can enhance emotional regulation. Participants will explore their core values and how these can guide their healing journey. We'll introduce techniques for emotional awareness and regulation, helping participants to respond to their emotions with greater clarity and control. This session underscores the importance of aligning actions with values to foster resilience and well-being.



# Workshop 4

## Mindfulness in Movement and Trauma Release

This session introduces the concept of mindfulness in movement, a powerful tool for trauma release. Participants will engage in gentle, mindful movements designed to help release stored tension and trauma from the body. We'll explore various practices that integrate physical movement with mindful awareness, providing a holistic approach to trauma recovery.



# Workshop 5

## Mindfulness and Cognitive Defusion

Here, we'll focus on mindfulness techniques to address cognitive defusion. Participants will learn to observe their thoughts without getting entangled in them, reducing the impact of negative thought patterns often associated with trauma. This workshop emphasizes the power of mindfulness in transforming our relationship with our thoughts and fostering mental clarity.



# Workshop 6

## Mindfulness and Interpersonal Neurobiology

This workshop explores the intersection of mindfulness and interpersonal neurobiology. We'll discuss how trauma affects relationships and how mindfulness can enhance social connections and communication. Participants will gain insights into the brain's role in social interactions and learn mindfulness practices to improve relational health.





# Workshop 7

## Mindfulness and Self-Care

In this session, we'll highlight the importance of self-care for trauma survivors. Participants will learn mindfulness-based self-care strategies to nurture their well-being. We'll discuss the necessity of self-compassion and consistent self-care practices in maintaining mental health and resilience.



# Workshop 8

## Final Session and Next Steps

In this session, we'll highlight the importance of self-care for trauma survivors. Participants will learn mindfulness-based self-care strategies to nurture their well-being. We'll discuss the necessity of self-compassion and consistent self-care practices in maintaining mental health and resilience.



Join us on this transformative 8-week journey  
to harness the power of mindfulness in healing  
emotional trauma and fostering long-term  
well-being.





## **Palesa Ramohlouoane**

**Palesa Ramohlouoane comes from a perspective that healthy living, mental health and being able to experience life in wholesome way. Her education is in Clinical Mental Health Counseling with LIU, further to that she uses ACT (Acceptance and Commitment Therapy) as a model in therapy.**

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