



College of Pharmacy Pharmaceutical Sciences

Building Resilience and Healing the Effects of Trauma: A Wholistic Approach

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The roots of disease live deep within our systems, manifesting themselves in a variety of symptoms that can be difficult to connect to an original source. We are beginning to understand that the seeds of illness are planted in our bodies during childhood. Adverse Childhood Experiences help to shape our neural pathways and, thus, our reactions to later events in our lives. People who have multiple Adverse Childhood Experiences manifest disease in greater numbers than those who have few such events.

Thursday, August 15

12:00-1:00 p.m.

Hannaford Lecture Hall

Using herbal preparations, lifestyle changes, and mindfulness practices, we can help to build resilience in people's bodies and minds. As an intuitive herbalist, Cathleen Miller uses the tools of deep listening to both people and plants to help move clients into a state of greater wellness. In this seminar, she will discuss the impacts of trauma and explore many ways that she works with clients to heal and build resilience.



INNOVATION FOR A HEALTHIER PLANET