



— INSTITUTE FOR —
Systemic Growth

A New Paradigm for the Wellbeing of Therapists Healers, and Helping Professionals

Did you ever imagine it'd be so hard to do this work?

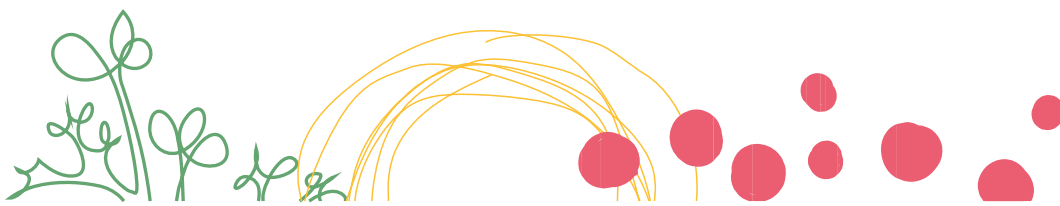
As a therapist or healer, you put your mind, body, and spirit into what you do, *literally*. Your bodymind is an instrument of the work you do -coregulating, holding complex emotions and energetic dynamics, reprocessing trauma, creating safe space for healing. It can take its toll physically, emotionally, relationally. You guide others through restoration and growth all the time, yet your own restoration is negligible.

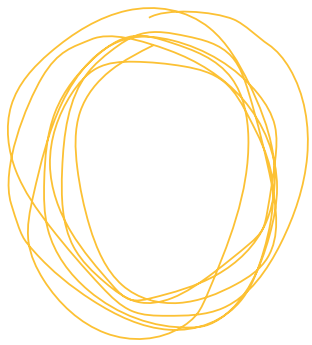
You deserve ongoing renewal.

New Paradigms

Thanks to pioneers in the field, new and empowering paradigms have emerged. You deserve to reap the benefits personally, nurturing yourself as an invaluable contributor to the restoration and nurturing of so many others.

The Institute for Systemic Growth wants to take your self care to the dynamics inside, to the depths that matter the most.





Dynamic Renewal

ISG offers the Dynamic Renewal program in the spirit of evolving healthier helping professionals as a critical contribution to evolving a healthier mental healthcare system and society.

The program consists of three phases, with or without inclusion of Safe and Sound Protocol by Unyte.

Phase 1: Discovery (4 weeks)

In the first phase, we deepen your understanding of the inner dynamics between thoughts, emotions, sensations and movements. Map your protective patterns and the sensitivity of your surveillance system to falsely alarm ‘threat’. Synthesize the awareness of your patterns with a model of psychophysiological development through stages of secure existence and social/emotional need satisfaction to define your current opportunities for restoration and post-trauma growth.

Rattle outdated behavior-based paradigms of how we (humans) work and connect to the dynamic growth potential within you for your own wellbeing and the growth of those with whom you live and work.

Along with the five weeks of reflective and experiential exercises, you’ll receive tools for building awareness and developing bodymind connections between sessions.

With deeper awareness of the dynamics within, you’ll learn the connection to the roots of nervous system regulation and it’s role in the patterns that add more stress and heaviness rather than rejuvenating your energy systems.

Phase 2: Restoration (10 weeks)

In the transition to phase 2, you’ll receive guidance regarding the inclusion of Safe and Sound Protocol by Unyte-iLs – the potential benefits related to your growth intentions and tools to support the experience.

As we go through these ten weeks of live group coaching, participants bring specific examples of unhealthy dynamics and actively address the body-mind-spirit system for resolution and clarity. The methods used allow benefit for all participants, whether exploring your own example or another participant’s situation.

The practices include embodiment of emotions, emotional integration, working with physiological and behavioral defenses to emotions, finding empowerment from within when faced with ‘triggers’ from outside, and expanding autonomic flexibility (window of tolerance).



The length of phase 2 allows for most participants to effectively experience the potential for transformation with the SSP. In the event participants determine it is not appropriate for them at this time, alternative tools will be provided.

Phase 3: Momentum (3 weeks)

In the final three weeks of the program, you will reflect on your experiences, identify shifts in your inner dynamics as well as the dynamics between you and prior challenging situations/people.

You'll map out a specific growth need for balance along with monitoring and identification of *early warning signs* of imbalance. We'll identify methods and share ideas for maintaining healthy accountability and self trust to continue forward.

Logistics:

Program Dates: Contact info@systemicgrowth.org to be informed as cohorts form.

Cost: \$1200 in three payments of \$400 or discounted to \$1100 if paid in full upon registration

Recordings: As this is an experiential and developmental program, live participation is the standard. Unedited video of missed sessions will be available for emergency conflicts during Phase 1 and 3. There will be no recordings through Phase 2.

All educational sessions and group coaching are conducted by Shelly Melroe, MS, MA, LMFT. She is Certified Provider of the Safe and Sound Protocol including Remote Delivery and a Unyte Mentor, SSP. She is nearly completion of certification in Integral Somatic Psychology including the Developmental Trauma Certificate. In addition, she is a guru in systemic modeling and problem-solving finding much satisfaction in solving the problems that matter most – human wellbeing. Learn more about Shelly at www.systemicgrowth.org or www.rhythmforliving.com/about/

Registration, Concerns, Questions

To register, or for questions/concerns please email info@systemicgrowth.org.

ISG Cancellation Policy

A full refund of amount paid minus \$50 will be offered to those cancelling at least 7 days prior to the start of the program by contacting info@systemicgrowth.org.

Disability Access

If you require ADA accommodations please contact us at info@systemicgrowth.org.

Our Role in Your Wellness

Though our programs are not designed to be individual medical advice or a substitute for it, we hope they help you to develop self-understanding and self-trust for working with information from providers you entrust for your care.

