

Healing Platforms



- One-on-One On-site Sessions
- Group Sessions
- Virtual Consultations
- Journal Homework
- Spiritual Assignments



Sacred Veterans Healing Retreat

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Healing Trauma



Sacred Veterans Healing Retreat

Discover the
Spiritual Empowerment
Approach

90% of those who have experienced trauma expressed the need to reconnect with spirituality.



The Spiritual Empowerment Approach

Spiritual Empowerment after a traumatic life event can help preserve an interpersonal safety zone, provide nonintrusive ordinary social contact, and provide opportunities for grieving for losses.

THE IFA FOUNDATION

The Ifa Foundation has been providing spiritual programs for healing trauma for over 40 years using many evidenced-based techniques interwoven into our unique healing paradigm.

PROGRAM ELEMENTS

- **Relaxation and Self-regulation**
 - Intentional shifting of the nervous system to release tension, fear, and anxiety
- **Establishing a Therapeutic Relationship**
 - Establish trust to empower YOU to build capacity and find their own voice
- **Recreating a New Narrative**
 - Building capacity to aid a different viewing of the self in relationship to the habituated patterns of trauma

THE HEALING CYCLE



- **Establishing Safety and Stabilization**
 - Relaxation, Meditation, Vision Quest, Prayer, Chanting, Drumming, Reiki
- **Integration & Desensitization**
 - Neuro-Linguistic Programming, Emotional Freedom Technique, Spiritual Coaching, Journaling, Shedding Ceremonies
- **Post Traumatic Growth and Resilience**
 - Creating positive change and hope and helping YOU discover and fulfill your destiny
- **Healthy Eating Coaching**
 - Proper nutrition is a vital key to healing