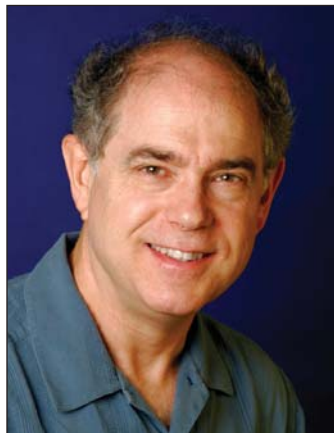


## PAUL CHUBBUCK

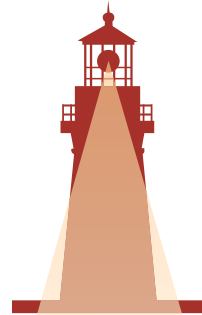
Paul is compassionate and skilled at helping others to release the pain of the past and rediscover joy and excitement in their natural feelings and abilities. His 30-year personal and professional growth path — seeking and finding ways to release his own challenging past — is the authentic foundation for what he offers to others.

Paul has a Masters in Counseling and is a certified Somatic Experiencing Practitioner (S.E.P)<sup>®</sup> trained directly by Peter Levine, the founder of Somatic Experiencing<sup>®</sup>, and by Levine's school. Paul has extensive additional training in Somatic Trauma Resolution, Polarity Therapy, Matrixworks, Living In Process, Psychosynthesis, and addiction recovery.



*The symptoms of trauma are the result of a highly activated, incomplete biological response to threat, frozen in time. By enabling this frozen response to thaw, move ahead in time and then complete, trauma can be healed.*

— Peter Levine, founder of Somatic Experiencing<sup>®</sup> and author of *Waking the Tiger*



### RELEASING THE PAST

Paul Chubbuck, M.S.  
Somatic Experiencing Practitioner  
Fort Collins, CO

For more information, visit  
[www.releasingthepast.com](http://www.releasingthepast.com)  
or call for a free phone consultation  
(970) 493-2958

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DISCOURAGEMENT  
DISAPPOINTMENT  
RESENTMENT  
TRAUMA  
REGRET  
LOSS

## DOES YOUR PAST RULE YOUR PRESENT?



HOW WOULD  
YOUR LIFE  
IMPROVE  
IF YOU COULD  
RELEASE THE PAST?

## THE PAST

Very stressful experiences such as abuse, loss, violence, abandonment, and serious illness or injury arouse vast amounts of survival energy and emotion — the well-known fight-or-flight response, shared with all animals.

### ANIMALS KNOW SOMETHING WE'VE FORGOTTEN

Animals routinely experience life-threatening situations. If they survive the danger, they instinctively let go of the stress and soon return to normal afterwards. As a human, you are wired differently. If you weren't able to avoid a painful or scary experience and you had little emotional support, that unresolved survival energy may have become frozen in your body and nervous system.



*I have been down many healing paths to release the trauma of childhood cancer and amputation. Working with Paul got me in touch with a powerful wisdom in my body for healing which I hadn't previously experienced.*

— WL, 48 year old female acupuncture apprentice

*Until recently, my life's experience had always been threatened with a sense of rejection and abandonment. With Paul's guidance and my own reflection, I have found the awareness of who I am internally, the inner-strength I hold, and the ability to express my emotional and physical being with those around me.*

— SC, 22 year old female interior designer

## THE PRESENT

At first, you may not have realized how that trauma, threat or loss affected you. You may have thought you were over it. Symptoms often take months or years to appear and when they do, you may not have consciously connected them to what happened to you:

- Anxiety, unease, or worry
- Depression or low energy
- Obsessive thinking
- Fear, guilt, or anger
- Relationship and intimacy difficulties
- Pain or disease with no apparent cause
- Addictions
- Stressed-out nerves and glands

These symptoms are normal if you have unresolved stress taxing your nervous system. They can rob you of a full and happy life.

*My lower back was in constant pain for over five years. Since those three sessions with you, to this day, I have little to no pain.*

— AJ, 24 year old salesman

*In one session with Paul I focused on a time in my childhood when I was too terrified to speak up. I re-experienced the event with a positive outcome. The surprise came overnight as I had four crystal clear dreams in which I was attractive, physically powerful, adventurous and confident. It was a wonderful confirmation of a shift deep within.*

— SS, 60 year old male musician

## YOUR FUTURE

### HOW CAN YOU RELEASE THE PAIN OF YOUR PAST?

Recent years have brought a hopeful new answer. *It's not simply a psychological or a personality problem.* Your symptoms began with painful past experiences but persist today because of the fight-flight or frozen state of your body and nervous system.

### THE GREAT NEWS

Like animals, you have the instincts and ability to release that stuck energy. Somatic Experiencing® can help you remember how. Most people get some relief quickly, and with more time and learning, your natural healing abilities take over. Distressing emotions gradually dissolve and are replaced with a growing sense of optimism, energy and clear thinking. You are then free to meet life's pleasures and challenges without a burden from the past.