

Work With Me — Healing Trauma Online Course

Healing Trauma Online Course

Understanding what trauma does to us — not just emotionally, but physically, neurologically, and in the very structure of our brains — is one of the most liberating things a person can learn. Because when things finally start to make sense, the shame lifts, the self-blame softens, and something new becomes possible.

This 6-week live online course was created for anyone who wants to understand trauma from the inside out — whether you are navigating your own healing, supporting others, or simply trying to make sense of why certain things feel so hard.

Who this course is for

This course is for you if you are on your own healing journey and want to understand what is happening inside you. It is for anyone who feels that something from the past is still shaping the present — and who is ready to start making sense of it, gently and at their own pace. It is also for parents, caregivers, teachers, and anyone who wants to better understand the people around them.

Why this matters more than you might think

Severe developmental trauma does not only leave emotional scars — it physically changes brain structure. Areas like the amygdala, the brain's core fear-processing center, and the frontal lobe, which governs our capacity to reflect, plan, and regulate ourselves, can be profoundly affected. This means that when we are dealing with the effects of trauma, we are not simply working with ingrained patterns or difficult memories. We are working with altered stress hormones, a changed stress threshold, higher irritability, and reduced impulse control — a complexity that deserves to be understood with both knowledge and compassion.

You do not need to be a neuroscientist to grasp this. You just need the right information — and that is exactly what this course offers.

What you will explore

Over six weeks, we move through the landscape of trauma step by step — gently, clearly, and with space for your own process throughout:

- What is trauma, and how is it different from overwhelm?

- How the nervous system works — the sympathetic, parasympathetic, and the vital role of the vagus nerve
- Developmental trauma versus shock trauma
- Fight, flight, freeze, and collapse — how to recognize these states and how to move through them
- How to distinguish reactions triggered by past memory from present experience
- Discovering and building on your own resources
- Practical tools for self-regulation — to use for yourself and to pass on to others
- Building resilience and a greater tolerance for uncomfortable sensations
- Establishing an embodied sense of safety

"Julia is a living example of how to stay centred and conscious in the face of difficulties and upheaval, which makes it much easier to learn experientially. She presents information calmly, clearly, and patiently — with integrity and humour. She is very easy to connect with, and it genuinely feels like you are learning from a friend rather than a course leader. I highly recommend her."

— Course participant

How it works

We meet live over Zoom once a week for six weeks. Each session includes time for interaction, reflection, and questions — because your process matters, not just the content. Can't make it live? No problem — all sessions are recorded.

Included in the course is a **PDF workbook** to support your process throughout the weeks, a **guided meditation**, practical down-to-earth **resources for regulation**, access to all **session recordings**, as well as **one private session with Julia**, which you can book at any point during the course.

Having completed the course, you will be better equipped to navigate life's challenges, carry a more compassionate understanding of your own — and others' — inner wiring, and meet life more fully in the present moment, rather than reacting from old memory.

"I loved the Trauma in a Nutshell online course. It was the right mixture of information and sharing. Julia has an uncanny ability to listen, invite, and allow the energy field of the group to arise and find its equilibrium. She supported participants during openings and discharge,

encouraging the group to hold the space together. Much happened during these meetings, and I am grateful to have been part of it — and continue to feel the connection to everyone."

— Michael, Austria

The next cohort is coming. Be the first to know.

→ **Join the waitlist**