



Sarah Salter-Kelly

TRAUMA AS MEDICINE:

a DIY book for healing trauma and transforming your life

Author
Healer
Teacher
Speaker

BIOGRAPHY AND MISSION

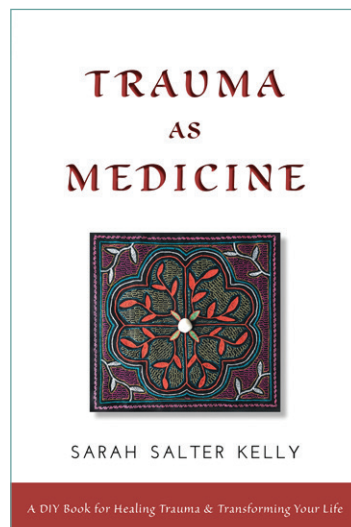
Sarah Salter Kelly is a talented writer, healer and speaker utilizing the raw compounded teachings of her life experience, to uplift, empower and guide others. Her wisdom is authentic, embodied and hard won – generated through years of integrating the tragic homicide of her mother and learning to forgive the perpetrator – alongside thirty years of studying personal growth, mysticism, restorative justice, and earth-based healing traditions. Over the past fourteen years she has run her own private healing practice facilitated retreats – both in Canada and in Peru – taught trauma focused and shamanic healing workshops, and presented at conferences and events.

EVENTS

Visit sarahsalterkelly.com/events/ for the most up to date courses, retreats, and circles, as well as guest appearances on a variety of podcasts.

Past presentations (2010-2019) include: Alberta Restorative Justice Conference, Victim Services, Astral Harvest, Immanuel Anglican church, Vang Lutheran Church, Resolution Support Health Services Saddle Lake, Knowing our Spirits Conference, Ma Me O Health Services, Kehewin Health Services, as well as numerous talks, workshops, and events scheduled and organized by Sarah.

ABOUT THE BOOK



In *Trauma as Medicine*, Sarah Salter-Kelly shares her experience of her mother's kidnapping and brutal homicide as an inspiring example of how to distill trauma into medicine on a personal level. Chapter by chapter, she invites the reader to take their own journey of healing.

Sarah's story takes us beyond the realm of personal healing and into the collective, as she seeks to understand her mother's murderer. This leads her to the First Nations reserve of his ancestors and real-life immersion in the history of colonization in Canada, systemic racism, and white privilege.

Offering ceremonies, journaling, and exercises, Sarah leads you into the discomfort of your own suffering to be with it, determine for yourself what you need, and discover the tools to proceed towards wholeness.

AREAS OF FOCUS INCLUDE

- Connecting with your own helping spirits, guides, and ancestors
- Altered states, including Ayahuasca
- Setting healthy boundaries
- Tending to the victim self
- Tuning in to feelings
- Facing fear and building a strong intuition
- Metabolising Trauma: digesting and composting the waste, assimilating the gifts
- Ceremonies to face a perpetrator and contemplate forgiveness
- Collective healing



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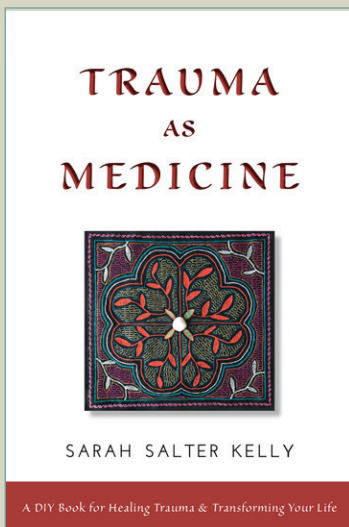
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REVIEWS



"This book is truly a revelation. Through her living example, Sarah has demonstrated that nothing—truly nothing—is “too big” or “too hard” or “too anything” to fully heal and reconcile. If you are willing to go into this place of possibility with Sarah as your guide, this book can and will change your life.”

-Maren Barros, M.Ed. aka Nahanni Dancing Coyote Woman Teacher, Author, Speaker & Coach

By mindfully melding the personal and the professional of what shared humanity can mean when tragedy befalls us, Sarah Salter-Kelly offers hope, healing, and powerful medicine in this rich and thoughtful book.

-Margot Van Sluytman Poet, Award-Winning Restorative Justice Researcher

“I couldn’t put it down! This book is a must-read for those struggling to rebuild or find purpose in their lives after suffering significant loss or trauma. Trauma As Medicine immediately yanks you from your seat and throws you into Sarah Salter Kelly’s personal nightmare with gut-wrenching candor. Her subsequent quest for healing and answers becomes an alchemical journey that takes healing to a whole new level. The exercises, meditations, and ceremony included make Trauma As Medicine the perfect companion for seekers who are struggling to find their footing after immeasurable loss. Relatable and thought-provoking, Trauma as Medicine is not only a riveting true story of murder and forgiveness, it also sheds important light on the devastating ripple effects of colonization and residential schools in Canada.”

-Marlene Chapman Urban Mystic Consulting, Theurbanmystic.ca

“This book provides not only a story of tremendous healing but gifts the reader a thorough road map to navigate our own healing and ultimately contribute to the collective wellbeing of our planet. Sarah provides many pertinent reflections on our collective relationship to the First peoples of this land and the role required of each of us.”

-Teresa Callihoo - MBA, Wetaskiwin, Alberta

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