

UNDERSTANDING AND TREATING *Trauma and Dissociation*



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Registered Psychologist, Cert EMDR*

Doctor Judy Lightstone holds a PhD in Trauma Psychology and has specialised in training and supervising counsellors and therapists in trauma treatment for the past 27 years. Doctor Lightstone will offer 2 intensive training workshops to all clinicians who provide treatment/therapy for adults and adolescents who have experienced abuse/sexual abuse trauma. The workshops will build a comprehensive ability to assess and intervene into trauma effects along the full continuum. As a participant, you will learn about the impact of trauma on the brain, the body, and on child development.

You will practice the most up-to-date evidence-based approaches to assessment and treatment. You will also learn how to use the somatic and psychological transference/s to prevent burnout and maximise the personal rewards of working with traumatised individuals. Completing the last workshop will position you to move into professional development in Psychosomatic Integration. To learn more about Doctor Lightstone go to: www.psychotherapist.org.nz/

Workshop 1: Understanding and Working with Complex Trauma

30-31 (FRIDAY AND SATURDAY) AUGUST 2013, 9.30 A.M. – 5 P.M.

Complex trauma reactions are usually the result of childhood abuse, neglect and/or betrayal by significant caretakers. In this workshop, you will learn about the effects of abuse and neglect on the developing mind and body, and how to help the youths and adults that suffer the consequences.

You will also learn to:

- Recognise and intervene into complex trauma-based presenting symptoms such as self-harm, compulsions and addictions
- Explain the neurobiology of trauma and attachment to your clients in a way that will help them better understand and manage their reactions and symptoms
- Learn an overview of specialised treatment approaches to complex trauma: ego state therapy, EMDR, somatic approaches, and relational therapy models
- Assess for and maintain tolerable activation levels using somatic pacing, voice, resourcing and mindfulness

Workshop 2: *Working with Dissociation*

18-19 (FRIDAY AND SATURDAY) OCTOBER 2013, 9.30 A.M. – 5 P.M.

Prerequisite: Working with Complex Trauma or the equivalent in study and/or experience

This workshop will teach the specifics of working through and integrating lost memories, feelings, and parts of the self. You will directly experience exercises and techniques, through role-plays, live, and video demonstrations, that you can immediately apply to your practice.

You will learn how to

- Apply a repertoire of ego strengthening and somatic resource building techniques to the three stages of trauma treatment
- Identify triggers and listen for the meanings of presenting symptoms as metaphors for communication and reaching out
- Incorporate understandings of traumatic memory, attachment deficits, and the continuum of complex trauma and dissociation to your treatment approach
- Assess the overall trauma picture by using genograms and “parts” mapping
- Use the Standard model of Ego State Therapy developed by Watkins and Watkins
- Work with ego states that hold specific symptoms
- Appropriately pace abreactive work
- Work with the challenges of delayed recall of abuse

Cost Per Workshop

Workshop 1: Early Bird (before 1 August) \$330; NGO \$330; Full \$375

Workshop 2: Early Bird (before 23 September) \$330; NGO \$330; Full \$375

Early Bird booking for both workshops (before 1 August) \$650

Where: St John in the City Conference Centre, 170 Willis Street, Wellington

To register please complete the registration form attached and email to:

traumatraining2013@gmail.com If you have Acrobat Reader 10 or later, you can fill in the form interactively. On the right hand side click “Comment > T symbol > add text comment”. Save the changed document with a different name and then email it.



Alternatively, print, scan and email, or print and post your form to: Wellington Sexual Abuse HELP, PO Box 111-60 Wellington.

Cancellation Policy: A full refund is available up to a four weeks before the start date of each workshop, 50% refund up to two weeks prior to start date of workshop.

Any queries: **traumatraining2013@gmail.com**