

Auckland PSI™ Institute Presents:

PSI Seminar 1

With Judy Lightstone

This workshop is a prerequisite to advanced training in PsychoSomatic Integration (PSI Seminar 2)



PSI Seminar 1 **18 Hours** **Two seminar groups: A. Monthly**
Mondays 10:30 am – 3:00 pm 5 August through 2 December **or B. Monthly**
Tuesdays 9:30 am – 2:00 pm 6 August through 3 December

Prerequisite: Working with Dissociation or the equivalent in study and/or experience
Cost: \$580 (or \$540 for early payment before 15 July)

PsychoSomatic Integration (PSI™) integrates Bodily Mindfulness approaches with Ego State Therapy, EMDR Derivatives, and Systemic Relational Therapy. In this seminar you will learn to:

- Empower clients to observe, learn from, and master their psychosomatic dissociation patterns
- Use 3 types of Ego State Therapy and EMDR Derivatives
- Work somatically and systemically with traumatised individuals, couples and supportive others
- Understand the uses and process of the PSI protocol for trauma processing with clients along the full trauma and dissociative continua

The class blends experiential exercises, live, audio, and video demonstrations with case presentations and supervision

Those who take PSI Seminar 2 and continue until they are able to demonstrate their mastery of PSI will receive a Certificate of Competence and will be able to promote their practise on the PSI Institute website.

To register, please fill out the registration form on the overleaf.

Judy Lightstone, PhD, MA, MS, New Zealand Registered Psychologist has been offering psychotherapy, training, and supervision for the past 29 years. She has a Ph.D. with a specialism in Trauma Psychology and two Masters degrees, one in Counselling and the other in Marriage and Family Therapy. In her Auckland New Zealand and online supervision and consulting practice, she specialises in training therapists to work with abuse survivors and with people with eating problems. She is a NZ Registered Psychologist #90-03237, a Certified EMDR Provider of Continuing Education, and a California Licensed Marriage and Family Therapist #MFC32570 (currently on inactive status in the U.S.). Post graduate studies included EMDR from Francine Shapiro (founder of EMDR), Feminist Relational Therapy for Eating Problems with Susie Orbach (author of *Fat is a Feminist Issue* and *Hunger Strike*) and others at the Women's Therapy Centre Institute in New York City; and Sensorimotor Psychotherapy from Pat Ogden (founder of Sensorimotor Psychotherapy). Publications include a chapter in *EMDR Solutions II* on integrating EMDR, Somatic and Ego State Therapy approaches in the healing eating problems, and an article on Compulsive Eating and Dissociation in the *International Journal of Trauma and Dissociation*. She developed and teaches an integration of the above approaches: PsychoSomatic Integration (PSI™).

