

Testimonials

From experts in the field...

"Judy is a seasoned professional working with trauma and dissociation. She is dedicated to her work, her colleagues, and her clients. Over the years she has integrated the many new developments in the treatment of people who have suffered traumas of all kinds, and is in an excellent position to develop and coordinate training for other professionals in this area." - **Lynette Danylchuck, Chair of Professional Training, Board of Directors, ISST&D (International Society for the Study of Trauma & Dissociation)**

"I have known Judy Lightstone for the past 25 or so years. We were colleagues in the San Francisco Bay Area when she was there, and shared professional interests (eating disorders and trauma amongst them). I have consistently found Judy to be intelligent, ethical, responsible, and an excellent clinician." - **Deborah Brenner-Liss, founder Association of Professionals Treating Eating Disorders, Bay Area**

"Judy had developed an excellent program for eating disorders using evidence based methods. Her knowledge of EMDR and somatic interventions is thorough and she has produced an effective intervention for clients." - **Pamela Brown, President, EMDR Association of Australia**

"I would endorse any of Judy's trainings. She is a highly experienced clinician who demonstrates a genuine commitment to evidence based practice.and is an extraordinary professional who successfully integrates academic knowledge with relevant and interesting teaching methodologies, in conjunction with fascinating practice wisdom." - **Serafin Dillon, Child and Adolescent Therapist**

Judy Lightstone, PhD, M.S., M.A.,
NZ Registered Psychologist

**Internationally Certified Provider of
EMDR Continuing Education #08015**



Judy Lightstone, PhD, MA, MS, Registered
NZ Psychologist #90-03237

Has been providing clinical training and supervision for the past 26 years. She has a PhD with a specialism in Trauma Psychology, two Masters degrees in psychotherapy and is a California Licensed Marriage and Family Therapist. She developed PSI™, an integrative approach to working with trauma, dissociation and eating problems, as described in the book EMDR Solutions II. She teaches consults, and provides supervision internationally.

PSYCHOSOMATIC INTEGRATION (PSI™)



**PROFESSIONAL
DEVELOPMENT**



**AUCKLAND PSI™
INSTITUTE**

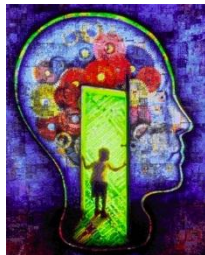
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WHAT IS PSI™?

PSI™ is an overall evidence-based treatment approach for working with complex trauma and dissociation, that addresses the root causes of trauma-based presentations and fragmentation, and so results in long term recovery. Highly effective psychological and somatic techniques are woven into a carefully staged treatment approach, which systemically integrates significant relationships into the treatment process. PSI seeks to heal early experiences of abandonment, neglect, trauma, and attachment loss, that otherwise tend to play out repetitively and cyclically throughout the lifespan in relationship struggles. It is unique in that it approaches the body first (bottom-up processing) but also works to reinstate systems of meaning.

EGO STATE THERAPY

Everyone has ego states - parts of self that take on different roles and functions. States that seal off due to trauma or attachment injury can be at odds with one other, and this can cause many of the symptoms clients present with. Ego state therapy brings these states into harmony so that all parts of self cooperate to attain desired goals. The DNMS is a type of ego state therapy that helps resourced parts of self reparent regressed parts of self so they are no longer trapped in the past or inappropriately dependent on others.



ATTACHMENT REPAIR

Current relationships, including the therapeutic relationship, provide opportunities to work through harm from past dysfunctional relationships and practice new healthy ways of relating.

BODILY MINDFULNESS THERAPIES

addresses the bottom-up processing that so often renders verbal psychotherapy ineffective. They are particularly powerful when used to help couples and families become aware of their non-verbal communications and automatic reactions and gain more mastery over them. They also assist survivors of trauma to ground and cope with their frequent experiences of both hyper-activation (overwhelm) and hypo-activation (dissociation).

PROFESSIONAL DEVELOPMENT

PSI Institute offers professional development in the following areas:

Preventing Burnout in Trauma Work

Working with Trauma & Dissociation

Feeding the Feeders: Anti-Diet approach for the Helping Professions

PsychoSomatic Integration Work with Trauma and Dissociation

UPCOMING TRAININGS

Working with Trauma and Dissociation

Begins February 2013

This 3-part course will cover the continuum of trauma-induced problems and the specifics of working through and integrating traumatic memories, feelings, somatic reactions and parts of self. You will learn how to:

- *Immediately implement techniques to support & contain traumatised clients*
- *Use the phase oriented approach*
- *Intervene into symptoms such as phobia, depression, self-harm, compulsions and addictions*
- *Use ego state therapy to resolve internal battles that get expressed as symptoms*
- *Maintain professional boundaries*
- *Manage risky and suicidal behaviour*
- *Prevent vicarious traumatisation*

PSI Seminars: Advanced Training in Trauma Treatment

This 2-part course will introduce you to PSI™ and then help you master it via live and pre-recorded demonstrations, role-plays, and case supervision.

- *Learn three types of ego state work and discern which to use when*
- *Weave Ego State, bodily mindfulness therapies and systemic relational work into the three phases of trauma treatment*

Meets 13 & 27 April 10 am - 5 pm