

Endorsements

"I would endorse any of Judy Lightstone's trainings. She is a highly experienced clinician who demonstrates a genuine commitment to evidence based practice and is dedicated to safe and ethical conduct with both clients and practitioners alike. Judy is an extraordinary professional who successfully integrates academic knowledge, relevant and interesting teaching methodologies in conjunction with fascinating practice wisdom. Further, she is compassionate, respectful, gentle, intelligent, and not without a warm sense of humour."

---Serafin Dillon, NZ Psychologist, Author Speaking for Ourselves

"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, , Int'l Society of Trauma & Dissociation

"Judy is a great teacher, who is very knowledgeable and professional in her approach. She is on the leading edge of thinking and working with eating disorders."

Linde Rosenberg, Convener, Auckland NZAP

"Judy is one of those few people cross trained in the numerous methods needed to effectively treat complex trauma disorders."

--Sandra Paulsen, author Looking Through the Eyes of Trauma and Dissociation

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

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



Judy has been providing clinical training and supervision for the past 28 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™)



CONTINUING
PROFESSIONAL
DEVELOPMENT



AUCKLAND PSI™
INSTITUTE

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WHAT IS PSI™?

PSI™ heals the effects of complex trauma and dissociation, addresses the root causes of many intractable symptoms; and so lessens the amount and duration of suffering. Highly effective psychological and somatic skills are woven into a carefully staged treatment approach that integrates significant relationships into the treatment process. It approaches the body first (bottom-up processing) while also working to repair systems of meaning in the broader contexts.

BODILY MINDFULNESS THERAPIES

“Bottom-up “hijacking” can often render verbal psychotherapy ineffective with complex trauma. Bodily mindfulness therapies help individuals to ground and cope with recurring experiences of hyper-activation (overwhelm) and hypo-activation (dissociation), and help couples gain mastery over their non-verbal communications and automatic reactions.

WHAT ARE EGO STATES?

Everyone has ego states - parts of self that take on different roles and functions. Ego States that seal off due to attachment injury are often at odds with one another, causing many of the symptoms clients present with in therapy.



EGO STATE THERAPIES

Learn 3 types of Ego state therapy that help bring ego states into harmony, so that all parts of self cooperate to attain desired goals. The DNMS, is especially helpful with attachment repair, enabling resourced parts of self to reparent regressed parts so they are no longer trapped in the past.

SYSTEMIC ATTACHMENT REPAIR

Current relationships, including the therapeutic one, provide opportunities to work through harm from past dysfunctional attachment experiences, practice new healthier ways of relating, and provide support throughout the treatment.

PROFESSIONAL DEVELOPMENT

PSI Institute offers professional development for agencies and private practitioners. Some topic areas are:

- *Preventing Burnout in Trauma and Crisis Work*
- *Feeding the Feeders: Anti-Diet approach for the Helping Professions*
- *PsychoSomatic Integration Work with Eating problems, Trauma & Dissociation*

Trainings are tailored to the specific needs of your group

UPCOMING TRAININGS

WORKING WITH COMPLEX TRAUMA & DISSOCIATION

***Fri/Sat 30&31Aug & Fri/Sat; 18&19 Oct2013
Sponsored by Wellington Sexual Abuse Help***

Covers the continuum of developmental trauma and the specifics of working through and integrating traumatic memories, feelings, somatic reactions and parts of self. Learn about:

- *The neurobiology of trauma and attachment*
- *“Rewriting” implicit trauma-based learning*
- *Ego State Therapy, EMDR, Somatic, and Relational Therapy models*

PSI SEMINAR: ADVANCED TRAUMA TREATMENT

Prerequisite: Working with Trauma & Dissoc

Learn PSI™ and then practice until you master it. Live and pre-recorded demonstrations, practice sessions, and supervision will help you:

- *Work effectively with clients along the full trauma & dissociation continuum*
- *Integrate “parts work” with somatic, systems, and relational therapies*
- *Use the psychological and somatic counter-transferences to inform interventions*

****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 practice on the Institute website.****

