



Working with *Trauma & Dissociation*

2 workshops, co-sponsored by **Life Unlimited Trust and Youthline** with Dr. Judy Lightstone, PhD, MA, MS, NZ Psychologist, Certified Provider of CPD by California State and EMDR International Association

Workshop 1: Working with Complex Trauma

Learn how to "erase" implicit trauma-based learning and to explain the impact of attachment trauma on the brain, body, and emotions to your clients. Covers use of bodily mindfulness, mentalisation and somatic resourcing. Blends experiential exercises with multi-media presentation.

Testimonials

- *"What I have learnt here is life changing."* – Elizabeth McCafferty
- *"Huge knowledge. Lots of charisma and warmth. Easy to listen to. Firm boundaries. The group felt held."* – Lenka Rochford
- *"Judy has a huge wealth of experience. The training was brilliant."* -- Kirk Vette

When: Friday 7 and Saturday 8 March 2014

Early Bird Registration Deadline: 10 February 2014

Cost: Early Bird (Workshop 1: before 10 February/Workshop 2: before 10 March) \$360; Full \$390 each



Workshop 2: Working with Dissociation

Overview on working with survivors along the full dissociative continuum, including DID; neurobiology of trauma, dissociation and attachment; specifics of working through and integrating lost memories, feelings, and parts of self using ego state and somatic therapies.

More Testimonials

- *This is brave and important work. Judy is a wise and wonderfully resourced guide in a challenging and confusing terrain.*—Kristin Antarra
- *“Loved all of it...Judy’s strengths as a presenter, sharing her experiences and case studies...high level of experience and skills.”* – Janet Francesco
- *Excellent presentation – Judy is a fountain of knowledge with a willingness to share this with others.* - Donna Larsen

When: Friday 11 and Saturday 12 April 2014

Prerequisite:

[Working with Complex Trauma](#) or the equivalent in study and/or experience

To Register:

Please complete the registration form by clicking here: <http://tinyurl.com/l7mcxug> then attach and email to: lifeunlimitedcounselling@gmail.com You can fill in the registration form interactively, or you can print, scan and email, or print and post your form to: Life Unlimited Trust, 13 Maidstone Street, Ponsonby, Auckland

Where: St. Lukes Community Centre, 130 Remuera Road, Remuera, Auckland

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

