

Auckland PSI™ Institute



Understanding and Treating Trauma and Dissociation

Workshop 1: Working Somatically with Complex Trauma

Workshop 2: Working with Dissociation

These two workshops are prerequisite to advanced training in PSI (PsychoSomatic Integration) work with trauma and dissociation, which will commence August 2013

Feedback from past Workshop Participants:

- *Judy is an excellent teacher who balances education with role play practice. She also models trauma work well as she monitors and guides each participant through the course personally. – Jane*
- *Very knowledgeable. Great to be listened to and kept safe in the course. – Gillian*
- *The seminar was practical, balanced with theory, meaty, with plenty to chew on, and relevant to use with clients. – Ali*
- *Enlightening: Life giving for me and therefore life giving for clients. - Libby*
- *Excellent communicator – seasoned. Gave plenty of space for questions yet got through a truckload of stuff. - Andrew*
- *Excellent presentation – Judy is a fountain of knowledge with a willingness to share this with others. - Donna*
- *Very experienced teacher and therapist, open, transparent, and very approachable. I am definitely coming again. – Fran*
- *Well done, very knowledgeable. Pacing excellent, Lovely, caring lady. – Sheryl*
- *It is clear Judy has an excess of knowledge and experience in this field, as presented in well digestible chunks. - Leanne*

Workshop #1: Somatic Work with Complex Trauma

6 Hours

Meets Sunday, 19 May 2013 10 am - 5 pm

Cost: \$190 (or \$160 for early payment before 10 May)

Prerequisite: Intro to Trauma Theory and Treatment or the equivalent in study and/or experience

Complex trauma reactions are usually the result of childhood abuse, neglect and/or betrayal by significant caretakers. This workshop will focus on teaching you somatic therapy skills to help you intervene into the effects that abuse and neglect have on the developing mind and body.

You will also learn to:

- Identify and work with the metaphors of complex trauma-based presenting symptoms such as self-harm, compulsions and addictions
- Use the somatic transference and countertransference to modulate and guide interventions
- 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
- Assess for and maintain tolerable activation levels using somatic pacing, voice, resourcing and mindfulness

Workshop #2: Working with Dissociation

12 Hours

Meets 2 Fridays: 31st May & 7 June 10 am – 5 pm

Prerequisite: Working with Complex Trauma or the equivalent in study and/or experience
Cost: Cost: \$350 (or \$320 for early payment before 22 May)

This workshop will teach the specifics of working through and integrating lost memories, feelings, and parts of the self. Through role plays you will get to practice techniques directly and experience the approach through live demonstrations.

You will learn how to:

- Assess the overall trauma and dissociation picture by using genograms and "parts" mapping
- Work with ego states that hold specific symptoms
- Work with the challenges of delayed recall of abuse
- Increase communication and cooperation across the ego state system
- Use somatic resourcing and trauma processing techniques with people who dissociate
- Use the somatic transferences and countertransferences to modulate and guide interventions

To register, please fill out and send the attached registration form to jlightstone@gmail.com or contact her on 027 657 2106 to reserve a space



Judy Lightstone, PhD, MA, MS, New Zealand Registered Psychologist has been offering psychotherapy, training, and supervision for the past 27 years. She has a Ph.D. with a specialism in Trauma Psychology and two Masters degrees, Counselling and 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). She has just published a chapter in the book *EMDR Solutions II* on integrating EMDR, Somatic and Ego State Therapy approaches in the healing eating problems, and has published 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™).