

INVITES YOU TO

UNDERSTANDING & WORKING WITH DISSOCIATION

DAY 2

TRAINING COURSE WITH DR JUDY LIGHTSTONE

In this highly practical course, you will learn how to:

- Contain traumatic flooding using metaphor and transference
- Use mapping to assess, gain access to, and contract with ego states
- Appropriately pace abreactive work with ego states
- Work with the challenges of delayed recall of abuse

And you will:

- Gain an overview of working through and reintegrating lost memories, feelings, and parts of the self



JUDY LIGHTSTONE, PHD

Judy Lightstone is the founder and director of Auckland PSI (Psychosomatic Integration) Institute. She has been providing clinical training and supervision for the past 30 years. Judy has a PhD with a specialisation in trauma psychology, is a NZ Registered Psychologist, and is an EMDR Institute approved facilitator. Judy teaches, consults, and provides consultation internationally.

When: Saturday 15 October 2016, 10am -5pm

Where: Auckland Women's Centre, 4 Warnock St, Grey Lynn

Cost: \$195 for 1 day training. Discounted price of \$340 for 2 days of training—including "Understanding Working with Severe Dissociation"

A vegetarian morning tea and lunch will be provided.

Please email your registration to: r.agnew@helpauckland.org.nz by 30 September

BOOK EARLY AS SPACES ARE FILLING FAST & REGISTRATIONS ARE LIMITED!

"This has given me a new way to present hope to families, children and individuals through education and mapping. Content was clear and Judy supported the group to stay on task."

Shirley Hunt, Social Worker/Therapist at Wellstop, New Plymouth

"Judy 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 in this area"

Lynette Danylchuck, President, ISST&D (International Society for the Study of Trauma & Dissociation)