Understanding and Treating Trauma and Dissociation

Two workshops with Dr Judy Lightstone

Workshop 1: Effective Work with Trauma Survivors

A two day workshop that covers use of trauma memory consolidation, bodily mindfulness, somatic pacing and resourcing. Complex trauma reactions are usually the result of childhood abuse, neglect and/or betrayal by significant caretakers.

In this workshop, you will learn about the effects of abuse and neglect on the developing mind and body, and how to help the young people and adults that suffer the consequences. The workshop blends experiential exercises with multi-media presentation.

You will learn to:

- "Erase" and “re-write” implicit trauma-based learning
- Implement safe techniques to keep traumatised clients contained
- Help clients understand the neurobiology of trauma and manage their symptoms
- Use the somatic transference to modulate and guide interventions

Testimonials:

“I don’t know of any other trainer in New Zealand with such a broad and deep knowledge of the area. I learnt heaps! It has filled lots of gaps and connected some neural roadblocks. High points: Judy’s relaxation, sense of humour, extensive knowledge and humility” – Lyn Hamilton, Wellington HELP Foundation

“Huge knowledge. Lots of charisma and warmth. Easy to listen to. Firm boundaries. The group felt held.” – Lenka Rochford, Wellington Rape Crisis

“What I have learnt here is life changing.” – Elizabeth McCafferty, Otago Youth Wellness Trust

This Workshop has been endorsed by The Royal New Zealand College of General Practitioners (RNZCGP) and has been approved for up to 12 credits CME for the General Practice Educational Programme (GPEP) Years 2 and 3 and Maintenance of Professional Standards (MOPS) purposes

When

Saturday 16th and Sunday 17th April, 10am to 5pm

Venue

Wellington Sexual Abuse HELP Foundation
Meeting Rooms, Level 3, Education House West Block
178-182 Willis Street,
Wellington

Early Bird Fee $390  Full Fee the 16th March $425
Workshop 2: Working with Dissociation

A two day workshop that gives an overview of working through and reintegrating lost memories, feelings, and parts of the self. You will directly experience exercises and techniques through role-plays, live and video demonstrations that you can immediately apply to your practice.

You will learn to:
- Apply a repertoire of ego strengthening and somatic resource building techniques to the three stages of trauma treatment
- Listen for the meanings of presenting symptoms as metaphors for communication
- Apply the neurobiology of trauma and attachment to your treatment approach
- Use Ego State Therapy to map and contract with ego states
- Appropriately pace ab-reactive work
- Work with the challenges of delayed recall of abuse

Testimonials:
“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, Wellstop, New Plymouth

“All excellent! Case presentations very useful! This has given me more clarity and detail for working with very complex material.” – Angelika Chisholm, private practitioner, Auckland

“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)

When
Saturday 30th of April and Sunday 1st of May, 10am to 5pm

Venue
Wellington Sexual Abuse HELP Foundation
Meeting Rooms, Level 3, Education House West Block
178-182 Willis Street,
Wellington

Early Bird Fee $390    Full Fee the 30th March $425

For workshop registration see attached form or contact angela@wellingtonhelp.org.nz or Ph: 04 4997530

Doctor Judy Lightstone is the founder and director of Auckland PSI (Psychosomatic Integration) Institute LTD™, and has been providing clinical training and supervision for the past 30 years. She has a PhD specialising in Trauma Psychology, is a NZ Registered Psychologist, and an EMDR Institute Approved Facilitator. She teaches, consults, and provides supervision internationally.