



INVITES YOU TO

WORKING SOMATICALLY WITH COMPLEX TRAUMA



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.

DAY 1

TRAINING COURSE WITH DR JUDY LIGHTSTONE

The workshop covers the use of bodily mindfulness, somatic pacing, resourcing and mentalisation, and blends experiential exercises with multi-media presentations.

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

- Immediately put in place safe techniques to keep your client within the therapeutic window
- Build on your clients' existing strengths & resilience
- Teach the neurobiology of trauma & attachment to your clients to help them manage their symptoms
- Identify & maintain professional boundaries both somatically and verbally
- Use the somatic transference & countertransference to modulate & guide interventions
- Erase and rewrite clients' implicitly held traumas

When: Friday 14 October 2016, 10am -5pm

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

Cost: \$175 for 1 day training. Discounted price of \$320 for 2 days of training—including "Understanding Working with Severe Dissociative Patterns"

A vegetarian morning tea and lunch will be provided.

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

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

"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"

Lyn Hamilton, Wellington HELP Foundation

"Judy has a huge wealth of experience. The training was brilliant."

Kirk Vette, Clinical Manager, Youthline