

INVITES YOU TO

## EATING, TRAUMA AND BODY IMAGE

with Judy Lightstone, PhD, MSc, MA  
Auckland, | Friday 22 & Saturday 23 September, 2017



**JUDY LIGHTSTONE, PHD**

Judy Lightstone is the founder and director of Auckland PSI (Psychosomatic Integration) Institute. She has been providing clinical training and supervision locally and internationally 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. She was trained in working with eating problems at the Women's Therapy Centre Institute (Susie Orbach, et al).

### What is "Healthy" Eating? Body Image? Body Size?

Sometimes it seems the world is obsessed with eating, dieting, obesity, and weight loss. Doctors disagree... the media contradicts itself... how do we know how to guide our clients? When does a culturally-influenced obsession become an eating disorder?

Far from reflecting superficial vanity concerns, eating problems can be about fundamental experiences with attachment, trauma, and neglect. Working with these problems can open a window into the deepest self... if we know how to listen.

### This 2-day workshop combines presentation with experiential exercises to teach you to:

- Explore your own eating and body image issues and beliefs
- Coach clients in the intuitive eating approach
- Work effectively with bulimia and compulsive eating
- Work with the trauma and attachment issues that often drive eating and body image symptoms and struggles

**When:** Friday 25 May and Saturday 26 May, 2017, 10am -5pm

**Where:** Mt Eden or Grey Lynn depending on interest/numbers

**Cost:** \$375 for 2 day training – including training materials

A morning and afternoon tea will be provided. BYO lunch, or time will be provided in the break to buy it locally

**Email:** [r.agnew@helpauckland.org.nz](mailto:r.agnew@helpauckland.org.nz) to register by 7 April, 2017.

**BOOK EARLY - REGISTRATIONS ARE LIMITED AND SPACES ARE FILLING FAST!**

"I liked the varied range of components, comprehensive and clear handouts and experiential focus. Material and learning was such that it enabled immediate translation into practice between sessions. Judy is a highly skilled and experienced presenter with a wealth of knowledge, an astute understanding of clients and a rare attunement which enables an enriched learning experience and one delivered with warmth and wisdom."

- Anna Clarkson, PhD, Registered Clinical Psychologist, Nelson

"Judy is a great teacher, who is very knowledgeable and professional in her approach. She is on the leading edge of thinking and working with eating disorders."

- Linde Rosenberg, NZAP Northern Branch Convener