

# 12 DAY TRAUMA THERAPY TRAINING

*With*

**Babette Rothschild**



**12 DAY  
TRAINING**

**‘WORKING WITH TRAUMA’**

**12 day Training**

*Three 4 day modules. 4-7 May 2012, 5-8 October 2012 and 24-27 May 2013.*

*9:30a.m.-5:30 p.m. Venue: St. John Of God Conference Centre Dublin*

*Cost: €1400 (Includes Lunch – does not include accommodation)*

**PART 1**

**‘WORKING WITH TRAUMA’**

*4 day training: May 4<sup>th</sup>-7<sup>th</sup> 2012 : 9:30a.m.-5:30 p.m.*

These four days will cover the psychophysiology of stress and trauma, regulating hyperarousal, ‘putting on the brakes’, body awareness as an integrative tool of trauma therapy, identifying and utilizing resources to mediate traumatic stress, boundary and therapeutic distance, muscle tone and containment. The seminar will include lecture, films, practical exercises and live demonstrations. It will also address issues such as trauma history taking; shame and trauma, meeting and dissipating shame, content free trauma therapy, cognitive containment and boundary increasing

**PART 2**

**‘WORKING WITH TRAUMA’**

*4 day training: October 5<sup>th</sup>-8<sup>th</sup> 2012 : 9:30a.m.-5:30 p.m.*

Theory and technique of therapeutic treatment will be the central focus of this workshop. Both cognitive and somatic sides of transference and countertransference will be explored. Memory theory will be presented as it applies to traumatic memory. In triad groups, participants will begin to utilize Peter Levine's SIBAM dissociation model as a multifaceted tool that can be used to enhance stabilization as well as to increase association and resolution of trauma. Participants will also be encouraged to use the theory they have learned to develop their own techniques.

**PART 3**

**‘WORKING WITH TRAUMA’**

*4 day training: May 24<sup>th</sup> – 27<sup>th</sup> 2013 : 9:30a.m.-5:30 p.m.*

Integration of both theoretical and practical material from all 12 days will be the focus, reinforcing the bridge between theory and practice. Issues involved when trauma therapy is the sole aim of treatment, as well as when it is a part of a long-term psychotherapy, will be addressed. The Bodydynamic "running technique" will be introduced as an imaginal, mind/body integrative procedure for reawakening the flight reflex and reducing hyperarousal. Participants will be supervised in treatment planning, making relevant choices of techniques both during triad role-plays and client consultation.

**This 12 day training programme is suitable for all healthcare professionals – counsellors, psychotherapists, psychologists, social workers etc – working with clients who have experienced trauma.**

**The training is limited to 30 participants.**

**Biography**

**Babette Rothschild**, MSW, LCSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of four books: *The Body Remembers-the Psychophysiology of Trauma and Trauma Treatment*, (a bestseller); *The Body Remembers Casebook- Unifying Methods and Models in The Treatment of Trauma and PTSD*, *Help for the Helper-the Psychophysiology of Compassion Fatigue and Vicarious Trauma*, and her newest book to be published in January, *8 Keys to Safe Trauma Recovery*. After 9 years in Denmark, Babette returned to her home in Los Angeles and continues lecturing, training and providing supervision for helping professionals worldwide

<b>Booking Remittance</b>	
I will be attending <b>Babette Rothschild's 12 day Trauma Therapy Training 2012/13</b>	
I enclose my deposit remittance of <b>€200 (total cost €1400)</b> made payable to Awakenings Centre	
<b>Name</b>	
<b>Email Address</b>	
<b>Contact Address</b>	
<b>Contact Phone Number</b>	
For further details: Awakenings 01-4920122: 3 Dodder Park Drive, Lower Dodder Road, Rathfarnham, Dublin 14 Website: <a href="http://www.awakening.ie">www.awakening.ie</a> E-mail: <a href="mailto:awakeningsinfo@gmail.com">awakeningsinfo@gmail.com</a>	