

WEST COAST WORKSHOPS

MARCH, 2016

Please visit our Website [Calendar](#) for full details.

MARCH 4-6, 2016  SAN RAFAEL, CA



PSYCHODRAMA DIRECTING BY DIAGNOSIS WITH THE THERAPEUTIC SPIRAL MODEL

KATE HUDGINS, PH.D., TEP & SYLVIA ISRAEL, LMFT, TEP

Spontaneity and Creativity are the curative agents of change when using psychodramatic methods and the Therapeutic Spiral Model (TSM) to treat trauma (Hudgins & Toscani, 2013). Yet different interventions are therapeutically indicated with different clients and symptoms. This workshop provides an opportunity to improve your clinical action skills with people who have different diagnoses and problems of living.

Together we will review and bring to life DSM-V diagnoses of mood, personality, dissociation, and addictive and eating disorders. Using action demonstrations and role play, participants learn to apply psychodramatic methods such as, role reversal, doubling, mirroring, concretization, etc. to increase access to spontaneity and creativity, with a wide range of clients. Participants will take the roles of director, client and auxiliary, experiencing their own healing, both personally and professionally, along the way. This workshop is appropriate for all therapists and students and practitioners of psychodrama.

Dates/Times: Friday- Saturday, March 4th & 5th, 10am-6pm; Sunday, March 6th, 10am-4pm.

Fee: \$600. Send \$100 deposit to TSI, 1460 Stoney Creek Drive, Charlottesville, VA 22902. \$550 Early bird fee if paid in full before 1/15/2016. 19 CEUs for MFT, LCSW (Sylvia Israel BBS947), additional \$20.

Information: Sylvia Israel, Sylvia@imaginecenter.net; 415-454-7308. Kate Hudgins, drkatetsi@mac.com.

PRESENTERS:

Kate Hudgins, Ph.D., TEP, is an internationally recognized expert on Post-Traumatic Stress Disorder (PTSD). She developed the research-supported Therapeutic Spiral Model™ to treat PTSD, demonstrating that experiential, action-oriented approaches create immediate change and new learning for those suffering under many conditions of stress. She has used and taught TSM world-wide to help the recovery of thousands of persons suffering from various stages of breakdown, subsequent to overwhelming traumatic life events. www.drkatehudgins.com.

Sylvia Israel, LMFT (mfc #31245), TEP, RDT/BCT is a founding member of Bay Area Moreno Institute where she provides Psychodrama Training. She is a Trainer in the Therapeutic Spiral Model and has taught about PTSD and Action Methods at CA Institute of Integral Studies (CIIS), JFK University, and other graduate programs. Sylvia is on the faculty at CIIS and Kansas State University and maintains a private psychotherapy and psychodrama practice in Marin and San Francisco. www.BayAreaMorenoInstitute.com.

CALIFORNIA INSTITUTE OF INTEGRAL STUDIES

MARCH 12-13, 2016 ∞ SAN FRANCISCO, CA



HEALING TRAUMA BY CHANGING YOUR BRAIN: THE THERAPEUTIC SPIRAL MODEL A WORKSHOP PRESENTED BY KATE HUDGINS, PH.D., TEP

This workshop teaches a core action intervention of TSM—the Containing Double (CD) or the Self-Supporting Voice. The CD is able to help clients with trauma balance the thinking and feeling parts of their brain so they can stay in the present and make new, spontaneous and creative actions. Most importantly, the CD is taught through demonstration and live supervised practice. It can be used immediately following the workshop in individual, couples and family therapy, as well as by educators and community organizers. This workshop provides a useful tool to add to the repertoire of students and practitioners of EMDR, EFT, sensory motor integration, as well as drama therapy and psychodrama. Group work will also be presented.

Fees: \$230/\$250/\$270 (when one tier sells out, the next opens). **Contact:** Kate: drkatetsi@mac.com.

Registration & directions: <http://www.ciis.edu/public-programs-and-performances/public-programs-events/hudgins-sp16>

HEALING GENERATIONAL TRAUMA FROM THE COLLECTIVE TO THE INDIVIDUAL



Action Methods in Transforming
Generational, Ancestral and
Historical Trauma

∞

A Three-Day Training
and
Personal Growth Intensive

∞

A Collaboration with
Armand Volkas, MFT, RDT/BCT
and

Kate Hudgins, Ph.D., TEP

This training is for therapists, psychologists, social workers, pastoral counselors, educators and social activists and will give participants immediate hands-on tools to use in their lives and practices. Action methods used will include psychodrama, sociodrama, Playback Theatre, drama therapy and expressive arts therapy. Personal and professional growth is built into the workshop through self-exploration in a safe and contained environment.

Objectives for this workshop include:

- Identifying one's own unconscious stories carried from trans-generational trauma
- Learning action methods to safely explore these patterns through Playback Theatre, sociodrama, drama therapy and individual psychodrama
- Personal growth through anchoring into positive ancestral roots that can guide the practitioner today.

Please join us for an exciting opportunity to both learn and grow with people in a like-minded community.

Dates/Times: Friday- Sunday, March 18-20, 9:30 am- 5:30 pm. **Venue:** The Living Arts Counseling Center, 1265 65th Street. **Fee:** \$600. **Contact:** Armand Volkas, armandvolkas@gmail.com.
