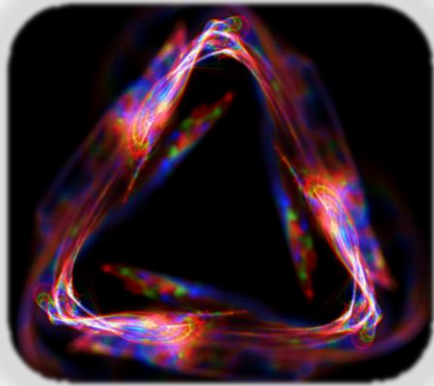


WORKSHOPS 2016 – 2017



TRANSFORMING THE TRAUMA TRIANGLE

TRAINING & PERSONAL GROWTH

JULY 15–17, 2016 ▫ MALVERN, PA

KATE HUDGINS, PhD, TEP
& THE ACTION HEALING TEAM

A new *Therapeutic Spiral International (TSI)* Northeast training group is opening in Malvern, PA with a workshop that brings to life the Therapeutic Spiral Model's (TSM) unique "Trauma Triangle" – a configuration that clarifies the destructive cycle of victim, perpetrator, and abandoning authority. In distinction to Karpman's Triangle, this last role was created by TSM to explain the subtle, yet damaging, presence of someone *who was absent*—not there to rescue, i.e. there was no appropriate authority.

The Trauma Triangle represents a closed circuit of energy embedded in the personality structure of those who have survived cruelty or trauma, repeating itself as life-long patterns of abuse and neglect. This training provides tools that empower you to transform self-neglect to self-care and to instill healthy problem-solving into daily life.

As a participant, you will • gain a deeper understanding of the internal personality and neurobiological structure of PTSD • learn to integrate TSM's Prescriptive Roles & Safety Structures into your clinical practice • and experience the power and depth of a TSM group process that is used across cultures.

This workshop offers training hours for CP in Psychodrama. It can be used as a stand-alone course or as a foundation course for Level 1 of the *International Certification Program in Trauma Therapy*.

DATES: Friday & Saturday 10am-5pm. Sunday 10am- 4pm. **VENUE:** Malvern, PA. Sponsor: Scott Giacomucci, MSS, LSW, CCTP (Giacomucci & Walker, LLC), giacomucciscott@yahoo.com.

FEE: \$600 - \$550 by June 15th. **DEPOSIT:** \$100. \$50 refund till June 15th. After June 15th, deposit can be applied to a future workshop.

REGISTRATION: Kate Hudgins: drkatetsi@mac.com. TSI website: www.drkatehudgins.com.



SEPTEMBER 9 - 11, 2016  SAN RAFAEL, CA

THE DANCE OF TRANSFERENCE &
COUNTERTRANSFERENCE IN TRAUMA WORK:
ADVANCED CLINICAL TRAINING IN ACTION

KATE HUDGINS, PhD, TEP & SYLVIA ISRAEL, LMFT, TEP

Many practitioners find it an intense experience to work with trauma survivors due to unbridled transference and countertransference that derails them from the leadership role. This experiential workshop helps you identify your own countertransference that gets triggered by stories of horror, terror, rage and despair. Some defenses may be denial, minimization, over-identification, and role reciprocity as you're pulled into the dance of trauma. Observing your projections in action creates a mirror for you to develop new skills in both professional and personal roles.

Regaining your Appropriate Authority, you then mirror for clients their transferences onto you as good/bad mother or father, et al. You'll learn the 'asocial response', interrupting the cycle of projecting the past into current relationships, along with other action methods to diffuse and work through transferences onto yourself and other group members. Using TSM in practice cases you will learn action interventions for self and group members that will keep your group healthy and high-functioning.

This is a stand-alone workshop with immediately useable skills, or a part of the training modules for TSI's International Certification in Trauma Therapy using the Therapeutic Spiral Model (TSM). It is appropriate for medical & psychotherapeutic clinicians, educators, community workers and any experiential psychotherapists who work with trauma. [Click here](#) for further workshop descriptions, learning objectives, CEUs, and national certification hours in psychodrama.

DATES/TIMES: Friday-Saturday, 9/ 9 & 10, 10am-6pm; Sunday, 9/11, 10am-4pm. **VENUE:** IMAGINE! Center for Creativity & Healing, San Rafael, CA. **FEES:** \$600. Send \$100 deposit to TSI, 1460 Stoney Creek Drive, Charlottesville, VA 22902. \$550 Early bird fee in full before 7/9/2016. Please contact Kate for payment by credit card. No refunds after 8/9/16. **CEUS** for Psychologists, Nurses, LMFT, LCSW, LPCC, LEP; Additional fee applies. **INFORMATION & REGISTRATION:** Kate Hudgins, drkatetsi@mac.com.

Kate Hudgins, PhD, TEP, is an internationally recognized expert on Post-Traumatic Stress Disorder. She developed the research-supported Therapeutic Spiral Model™ (TSM) to treat PTSD, demonstrating that experiential approaches create immediate change and new learning for those suffering various stages of breakdown, subsequent to overwhelming traumatic events. Kate has taught and worked internationally for over 20 years and is a published author and recipient of numerous awards. www.drkatehudgins.com.

Sylvia Israel, LMFT (mfc #31245), TEP, RDT/BCT is a founding member of Bay Area Moreno Institute providing 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. For accommodations and more info, please visit www.BayAreaMorenoInstitute.com.

Choices

2 DAY

EXPERIENTIAL TRAINING

To Help Clients Access their Grief

With Dr. Kate Hudgins, Ph.D., T.E.P.

September 19 & 20, 2016

8:30 am – 4:30 pm

Fee

\$495.00

Who Should Attend

This is a two-day training for health care professionals.

Location

415 Greenview Avenue Ottawa ON

Pinecrest at Carling. Park anywhere up the ramp. There will be a poster with a ring number for the party room along with directions to the room (i.e. B-2 lower level).

Make cheque payable to:

Monica Forst, 300 March Road, Suite 410, Kanata ON K2K 2E2

www.choicesinaction.ca



LIFTING THE VEIL OF DEFENSES

About this Training

Our brains are hardwired to Fight, Flight or Freeze from danger. Unfortunately, long after many traumatic experiences have happened, the survivor is still using those survival defenses, forming rigid patterns that either shut down the system or overwhelm the system. This is especially true of grief. For many survivors, it would have been dangerous to cry out while neglect or violence or abuse was happening, and afterward, there was no one there to tell. Thus, grief becomes a feared feeling that has to be defended against by dissociation, denial, projection, and anger/rage. These defenses keep the person stuck in the past as the grief goes numb or out of control over time. This workshop will teach a simple action intervention of the Therapeutic Spiral Model called the Manager of Defenses. This intervention helps clients choose when and how to use their defenses in a way that helps them have their experiencing in a safe and manageable way. Participants will learn and practice this skill to help themselves as well as have the opportunity to participate in TSM psychodramas to transform the old survival defenses into tools of healing and connection.

About the 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. In addition to her clinical practice and teaching, Kate has authored and co-authored 4 books. Her writings include *Acting Out Your Pain: Psychodrama For Trauma Survivors*; *Experiential Treatment for PTSD: The Therapeutic Spiral Model*; *Action Against Trauma: A Trainer's Manual*, and her newest book *Healing World Trauma With The Therapeutic Spiral Model: Psychodramatic Stories at the Frontlines*, which details the work of 14 psychodramatists worldwide and was published in the United States and Mainland China in 2014.

Monica Forst, M.Ed., C.C.C., I.C.A.D.C., R.P. is the founder of Choices in Action Counselling Services, a private practice that offers individual, group, and couples therapy. Monica is a fully trained Leader in the Therapeutic Spiral Model. Using a blend of Transactional Analysis and Psychodrama, Monica works with childhood trauma and addictions.

A 3-DAY PERSONAL GROWTH

FRIDAY, 9/23/2016 – SUNDAY, 9/25/2016

GRIEF: LETTING THE TEARS FLOW

with

KATE HUDGINS, PH.D., TEP &

MONICA FORST, M.ED. TSI TRAINER

(Please [click here](#) for full flyer)

EAST COAST TRAINING GROUP

OCTOBER 7 – 9, 2016

LIFTING THE VEIL OF DEFENSES:
HELPING CLIENTS ACCESS THEIR GRIEF

with

MONICA FORST, M.ED., TSI TRAINER &

SHAWN MATTAS, M.D., TSI ASSISTANT LEADER

HOURS: October 6th & 7th, 10am-5pm; October 8th, 10am- 4pm. **VENUE:** Malvern, PA. Sponsor: Scott Giacomucci, MSS, LSW, CCTP (Giacomucci & Walker, LLC), giacomucciscott@yahoo.com.

FEE: \$600 - \$550 by September 5th. **DEPOSIT:** \$100. \$50 refund till September 5th, after which, deposit can be applied to a future workshop.

REGISTRATION: Kate Hudgins: drkatetsi@mac.com. TSI website: www.drkatehudgins.com.

FURTHER 2016 -2017 WORKSHOPS

- October & November, 2016: China and Taiwan. Topics & dates, TBA.
 - December 4-6, 2016: Women's Salon: Creating New Personal & Family Rituals from Transgenerational Trauma. Flyer to follow.
 - March 3-5, 2017: *Healing Generational Trauma from the Collective to the Individual*. Kate Hudgins & Armand Volkas, MFT, RDT/BCT. 9:30 AM – 5:30 PM. Fee: \$600. Emeryville, CA. Flyer to follow.
 - March 10-12, 2017: West Coast Training Group-Advanced Level 2: *Working with Projective Identification Using Action Methods*. Kate Hudgins & Sylvia Israel. Flyer and more information to follow.
 - March 17-19, 2017: *The Way Home to Your True Self*. Training workshop with Kate Hudgins & Vlada Zapesotsky. Sunnyvale, CA. Flyer and more information to follow.
 - March 31-April 2, 2017: *Change Your Brain: The Neurobiology of Trauma with Action Methods*. East Coast Training Group, Malvern, PA. Flyer to follow.
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