



WELCOME TO  
TSI NEWS UPDATE  
AND A  
HAPPY THANKSGIVING TO ALL!

Thanksgiving has long been my favorite American holiday with its tradition of gratitude and connection that goes beyond family. So, as Francesca Toscani and I begin a new collaboration in this Season, it is only fitting that I thank her, along with Renee Myron, for co-creating this beautiful newsletter that we hope you'll enjoy. Each issue contains photos, adventures, articles, skills training, and interesting pieces on TSM around the world. I also want to thank each one of you that this News Update has reached because, in some small or large way, you have brought TSM into your part of the world and into your heart. I hope that it has been of a help to you, too.



Each month in our News Update we highlight a TSM Trainer or Team Leader from around the world and how they integrate the Therapeutic Spiral Model into their work—much like our 2013 book did but in shorter “sound bites”. See what Ben Rivers, our Middle Eastern trainer, is up to in this edition!

I also write a column called *Musings* on a topic of interest to me and, hopefully, to you. This month my focus is on how spontaneity and creativity are the curative agents for trauma repair in TSM, as it is in classical psychodrama, drama therapy, and expressive arts therapy. We'll also post news about upcoming workshops, with as much advance notice as possible. But first, some thoughts are below on the most recent TSM semester and share future projections for 2016.

*Fall 2015:* I just returned from a very exciting and successful fall trip to Asia. I started in Xiamen, China where a fully trained team from Hua Qiao University

and the organization Present assisted me in leading the TSM Trauma Triangle: *Finding Your Appropriate Authority*.



*Dr Kate & Present Team, including Counseling Staff at Hua Qiao University, Quangzhou, China. October 2015*

During this Level 1 training module of the TSI International Certification Program in Trauma Therapy Professor Zhao Bingjie became the first fully certified TSM Level 1 Trainer in Mainland China.

*Dr Kate presenting Prof Zhao Binjie with TSM certification as first fully-certified TSM Trainer and Supervisor in Mainland China.*

As always, I continue my long-term support of building the Mental Health Center of Counseling at the University and look forward to expanding TSM into other Universities in Fujian province in the future.



After Mainland China, I then presented at the first



Asian International Expressive Arts Therapy Association's meeting in Hong Kong on *Spontaneity Training for Trauma Using the Therapeutic Spiral Model*. There was much enthusiasm for expressive arts and our workshop was well received. You can see the happy faces of the team in this photo; we all enjoyed working together.

*Dr Kate & United Centre of Emotional Health and Positive Living Team (UCEP), Hong Kong*

My trip to Asia ended with great joy as I returned to Taipei for the 12th year and celebrated three psychologists—Chia-wen Chen, Yen-Hung Chang and Ou Chi-tong who had studied very hard to take the Certified Practitioner Exam in Psychodrama, Sociometry and Group Psychotherapy for 2015. We had a lovely party to support their efforts and wish them well with their on-site exam.



*Taiwan Celebration Party*

We hope to host future Advanced Clinical Courses in Experiential Psychotherapy using TSM in Taipei, as we will be starting also in San Francisco in 2016. Most importantly Lindsay Chang, MBA, PAT, completed her TSM Trainer Supervisor certification and two new trainees, Jarly and A Dan, completed their certified TAE practicum and theory courses for Level 1.



*Jarly, Dr Kate & A Dan →*

*Meanwhile, back in the USA,* I started a new personal growth workshop co-created with Vlada Zapoetsky in Palo Alto, CA called *Finding Your Way Home*. This workshop conducted with the San Francisco TSM Action Healing Team-in-Training allowed people to create safe spaces to express childhood feelings of abandonment, grief and anger, while learning how to accept feeling wanted and loved today. It was a powerful workshop and will be offered again in 2016.

In the East Coast Training Group, I conducted the *TSM Trauma Triangle* in my home with a small group of students. It was exciting to see how much they could enact their own Appropriate Authority Roles filled with strengths and boundaries—even from the beginning of the workshop!

*Looking ahead, 2016 looks like a great year domestically.* Look for the Women's Salon to continue with an emphasis on *Breaking Patterns of Trans-generational Trauma* after finishing a successful year of *Releasing Shame* in 2015.

West Coast Training: I return to San Francisco in March 2016 to work with both [Sylvia Israel](#) and [Armand Volkas](#) in different workshops, as well as teaching at CIIS again. Sylvia and I will be offering Level 2 Advanced Clinical Courses in San Rafael, CA. The workshop, *Directing By Diagnosis*, highlights how to use doubling and role reversal when working with different types of clients.

This workshop is followed by Dr Kate's second invited teaching at CIIS's Public Programs on *Healing Trauma by Changing Your Brain with the Therapeutic Spiral Model*, which is once again taught by our senior student team in the Bay Area.

Finally, March finds me and Armand Volkas together again as we continue our collaboration between TSM and his model of the *Wounds of History*.

East Coast Training: A most exciting new site is in Chelsea, NYC where we do our first workshop, April 31<sup>st</sup> - May 2<sup>nd</sup>. I will be offering this workshop, *Containing Trauma with Action Methods: The Therapeutic Spiral Model*, with an International Action Training Team. Please see our [Winter-Spring Preview](#) in this issue and our website [Calendar](#) for these and other offerings as they are added.

Future Projection: A long-hoped-for future projection that has just entered the world of possibilities is an association with Dr. Chris Stout, a clinical psychologist at the University of Illinois. He is interested in connecting our International Certification in Trauma Therapy program to a university, giving the program academic standing in the USA. This has been a life-long dream of mine and it happened in a moment of spontaneity at the Centurion Club at the San Francisco airport! Prayers, Reiki and all support is welcome at the energetic level!

Once again, I wish you a Happy Thanksgiving and hope to connect with you during the coming year to celebrate all the beautiful growth that is happening in our psychodramatic world.

Blessings and Balance,

*Kate*

