

UPDATED

2016 WINTER – SPRING PREVIEW



Please visit our website [Calendar](#) for full details and links to flyers.

JANUARY 29–31, 2016 ~ CHARLOTTESVILLE, VA

A WOMAN'S SALON:

BREAKING TRANS-GENERATIONAL PATTERNS OF TRAUMA IN YOUR FAMILY

The small group that 6-8 women experienced at Dr Kate's home continues in 2016. We'll identify, explore, and change trans-generational patterns of shame, guilt, abuse and neglect, which can run into the present even from untold generations. A rich weekend where everyone gets to be a protagonist!

- **Fee:** \$600. Housing through solo or shared rooms at local hotels or Air BnB.
- **Time:** Friday 10-6pm; Sat. 10-6pm; Sunday 9-3pm.

- **Venue:** Kate's Home. Dr. Kate cooks lunch for Sunday!
 - **Registration:** Please apply to Kate Hudgins: drkatetsi@mac.com.
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MARCH 4-6, 2016  SAN RAFAEL, CA



PSYCHODRAMA DIRECTING BY DIAGNOSIS
WITH THE
THERAPEUTIC SPIRAL MODEL

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

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.

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

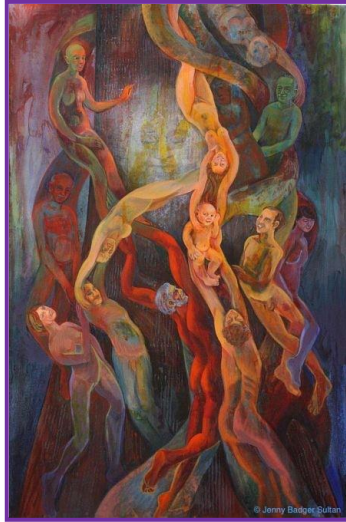
This workshop teaches a core action intervention of the Therapeutic Spiral Model—the Containing Double (CD) or Self-Supporting Voice. The CD helps clients balance the thinking and feeling parts of their brain so they can stay in the present and make new, spontaneous and creative decisions and actions. Most importantly, the CD is taught through demonstration and live supervised practice and 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 for the repertoire of students and practitioners of EMDR, EFT, and sensory motor integration, as well as drama therapy and psychodrama. Group work will also be presented.

Dates: March 12th & 13th; 10am-6:30pm.

Venue: California Institute of Integral Studies, 1453 Mission Street, San Francisco, CA 94103

Fees: \$230/\$250/\$270 (when one tier sells out, the next opens).

Contact: Kate Hudgins: drkatetsi@mac.com



MARCH 18-20, 2016 EMERYVILLE, CA

HEALING TRANSGENERATIONAL TRAUMA
FROM THE COLLECTIVE TO THE INDIVIDUAL

A Three-Day Training &
Personal Growth Intensive

With

ARMAND VOLKAS, MFT, RDT/BCT
KATE HUDGINS, PH.D., TEP

- **Fee:** \$595. **Time:** Friday – Sunday, March 18-20th, 10am – 5pm.
 - **Venue:** The Living Arts Counseling Center, 1265 65th Street, Emeryville, California.
 - **Registration & Information:** Armand Volkas: (510)505-5500, Ext.11;
armandvolkas@livingartscenter.org.
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NEW YORK CITY



APRIL 30 –MAY 2, 2016

CONTAINING TRAUMA WITH ACTION METHODS:
THE THERAPEUTIC SPIRAL MODEL (TSM)

PRESENTED BY

DR. KATE HUDGINS & ACTION HEALING TEAM

Dates/Times: Friday, 4/30 – Sunday, 5/2/2016. Friday, 6-9PM; Saturday, 10-6; Sunday, 10-4

Fee: \$500

Venue: Chelsea, NYC. TBA.

Contact: Bud Weiss: Bud.weiss@gmail.com; 917-751-3395. Kate: drkatetsi@mac.com

MARCH 31-APRIL 4, 2016
PHOENIX, AZ

AMERICAN SOCIETY OF GROUP PSYCHODRAMA AND PSYCHOTHERAPY

Kate is presenting two workshops:

- *Working with Transference and Counter Transference with Psychodrama*
 - *Psychodrama Directing According to Diagnosis with the Therapeutic Spiral Model*
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