

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

We now know that people who have experienced traumatic events can have significant changes in the neurobiology their brain. The right brain, which holds emotions, relationship information, unprocessed trauma often in the form of flashbacks, body memories, intrusive thoughts and dissociated feelings, is always turned on by an overactive amygdala. While the left brain's coherent function, which provides meaning and helps people stay in the here and now, is interrupted by stress hormones as the result of the danger signals from the amygdala.

This workshop teaches a core action intervention of The Therapeutic Spiral Model called the Containing Double or the Self-Supporting Voice. The CD, as it is commonly called, 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).

Information: Kate: drkatetsi@mac.com. **Registration:** <http://www.ciis.edu/public-programs-and-performances/public-programs-events/hudgins-sp16>

PRESENTER:

Kate Hudgins, Ph.D., TEP, is an internationally recognized expert on Post-Traumatic Stress Disorder (PTSD). She developed the research-supported Therapeutic Spiral Model™ (TSM) 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.