

# Mindful-Somatic Approaches to Working with Acute and Development Trauma

## *10-day Comprehensive Training Program (Wellington & Dunedin)*

There has been a steady movement within the field of trauma therapy over the past few decades towards the increasing recognition that (a) Psychological trauma (i.e., PTSD, acute & developmental trauma) is primarily held within the body and nervous system, and (b) Working directly with the body (via sensations, impulses, breath, posture, etc.) in a state of mindfulness is therefore key to resolving entrenched trauma conditions.

In this highly experiential training, we'll explore the basic theory and practices of some of the most effective mindful-somatic methods, drawing particularly from Hakomi Mindful Somatic Psychotherapy, Sensorimotor Psychotherapy, Somatic Experiencing, ACT, NVC, and Internal Family Systems.

In particular, you will...

**... learn a simple yet powerful universal framework for making sense of extreme emotional and traumatic states**, helping you to identify where your clients' experiences are on the spectrum of ANS (Autonomic Nervous System) arousal, and therefore which interventions are likely to be most helpful at any given point in the therapy process. This theoretical framework is based on the latest research on the psychology and physiology of trauma.

**... learn a broad map outlining the essential stages of the overarching process of trauma-focused therapy.**

**... develop your own capacity as a therapist to remain present and grounded**, safely holding the space for clients to do the difficult work of trauma recovery, while not risking your own dysregulation, vicarious trauma and "burnout".

**... learn a number of effective yet relatively simple mindful-somatic tools** based on these methods that you can begin using right away to...

- Help your clients develop confidence working with strong feelings and nervous system dysregulation
- Help your clients develop a sense of groundedness, presence and orientation
- Help your clients to develop a rich and healthy connection with their own feelings and needs
- Make the distinction between a beneficial "emotional release" and being "stuck in a trauma response"
- Work with flashbacks, intrusive memories and nightmares
- Work with somatization (unresolved feelings/memories held within the body)

**The Instructor:** Dr Paris Williams is a Certified Teacher in Hakomi Mindful Somatic Psychotherapy, and he has a BA, MA and PhD in Contemplative (mindfulness-based) psychology, Somatic psychology, and Clinical psychology. He has extensive experience in working with trauma, psychosis, chronic pain, substance dependency and other extreme states, and he authored the widely acclaimed book, *Rethinking Madness*, in 2012. Learn more about Paris and his work at: [pariswilliamsphd.com](http://pariswilliamsphd.com)

**Dunedin 10-day Training** (*divided into 5 x 2-day modules*):

*Module 1: 9-10 September, 2022*

*Module 2: 14-15 October, 2022*

*Module 3: 18-19 November, 2022*

*Module 4: 9-10 December, 2022*

*Module 5: 3-4 February, 2023*

*(\*9:00am – 5:00pm all days)*

*Cost: \$1,950 (incl GST) prior to 31<sup>st</sup> July; \$2,250 afterwards*

**Wellington 10-day Training** (*divided into 5 x 2-day modules*):

*Module 1: 26-30 September, 2022*

*Module 2: 28 Nov – 2 Dec, 2022*

*(\*9:30am – 5:00pm all days)*

*Cost: \$1,950 (incl GST) prior to 15<sup>th</sup> August; \$2,250 afterwards*

**For more information or to register, visit:**

**<http://restorativerelationships.co.nz/our-workshops/>**

**...or you can contact Paris directly at:**

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