



with Judy Lightstone, PhD, MSci,
MA, EMDRIA approved provider
of CPD

Somatic Work With Complex Trauma

Doctor Judy Lightstone, founder and director Auckland PSI™ (PsychoSomatic Integration) Institute, has been providing clinical training and supervision for the past 29 years. She has a PhD with a specialism in Trauma Psychology and is a NZ Registered Psychologist and California Marriage and Family Therapist. She teaches, consults, and provides supervision internationally.

Complex trauma reactions are usually the result of childhood abuse, neglect and/or betrayal. Learn to “Erase” implicit traumatic learning and...

- Help clients stay within the window of tolerance using somatic mindfulness
- Work with the somatic transference and countertransference to guide interventions
- Explain the neurobiology of trauma and attachment to your clients in a way that will help them better understand and manage their reactions and symptoms
- Use presenting symptoms such as self-harm, compulsions and addictions as metaphors to find the traumatic experiences that drive them

Blends experiential exercises with multi-media presentation.

Testimonials

- *“What I have learnt here is life changing.” – Elizabeth McCafferty*
- *“Huge knowledge. Lots of charisma and warmth. Easy to listen to. Firm boundaries. The group felt held.” – Lenka Rochford*
- *“Judy has a huge wealth of experience. The training was brilliant.” -- Kirk Vette*

When: Friday 7 and Saturday 8 March 2014

Early Bird Registration Deadline: 10 February 2014

Cost: \$180 Early Payment Fee \$210 Full Fee