Celebrating Post-Traumatic Growth & Spontaneity:

A Weekend for Personal Growth and Professional Development with the Therapeutic Spiral Model (TSM)

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

The idea of Post Traumatic Growth, or PTG, is that survivors of traumatic events can not only heal from their trauma, but may actually grow into a stronger, more driven, and more resilient people following trauma. PTG can be understood as positive change resulting from an individual's struggle with a major life crisis or traumatic events. This positive change typically manifests in one (or more) of five areas: a sense of new opportunities or possibilities in life, improved relationships with others, increased mental and/or emotional strength, greater appreciation for life in general and spiritual or religious deepening, which may or may not involve significant changes in beliefs.

PTG and Psychodrama's spontaneity and creativity theory are a perfect match! Both of them seek to help us discover new ways of being. TSM, developed for working with trauma, delineates the transformative roles that foster PTG. Embodying and practicing the roles of the sleeping-awakening child, good-enough mother and father, good-enough god or transpersonal role, and appropriate and ultimate authorities are the building blocks.

This workshop is for those who are currently in therapy or on a personal journey of healing and recovery. Professionals will gain personal renewal and action tools for their life and their practice with others. This meets the requirement for entry into the TSI International Certification in Trauma Therapy Program.

WHEN: Friday, 3/2/18, & Saturday, 3/3/18, 10am-6pm; Sunday, 3/4/18, 10am-4pm
WHERE: *IMAGINE!* Center for Creativity & Healing, San Rafael, CA.
FEE: $600; $550 if paid in full before 2/10/18   Credit Card payment: drkatetsi@mac.com; Paypal payment can be made by visiting www.therapeuticspiralmodel.com
Send $100 deposit to: TSI, 1460 Stoney Creek Drive, Charlottesville, VA 22902;
CEUs: MFT/LCSW/LPCC/LEP; psychologists & RNS. See below.
INFORMATION: Kate Hudgins, drkatetsi@mac.com or Sylvia Israel, sylvia@imaginecenter.net
Registration: Kate Hudgins, drkatetsi@mac.com

Kate Hudgins, PhD, TEP, is an internationally recognized expert on Post-Traumatic Stress Disorder. She developed the research-supported Therapeutic Spiral Model™ (TSM) to treat PTSD, demonstrating that experiential approaches create immediate change and new learning for those suffering various stages of breakdown, subsequent to overwhelming traumatic events. Kate has taught and worked internationally for over 20 years and is a published author and recipient of numerous awards. www.therapeuticspiralmodel.com

Sylvia Israel, LMFT (MFC #31245), TEP, RDT/BCT, licensed Marriage and Family Therapist, Board Certified Trainer, Educator and Practitioner of Psychodrama and Registered Drama Therapist/Board Certified Trainer, teaches at California Institute of Integral Studies (CIIS) and Kansas State University. Sylvia is co-founder of Bay Area Moreno Institute, IMAGINE! Center for Creativity & Healing and Bay Area Playback Theatre. In addition, she is a Certified Trainer in the Therapeutic Spiral Model of psychodrama with trauma survivors and has taught PTSD and Action Methods at various graduate programs. As a psychotherapist, spiritual seeker and meditator, Sylvia is interested in how our healing journey can awaken spontaneity and creativity, enabling us to live fully and in the present. She maintains a private practice with individuals, couples and groups in Marin and San Francisco.

CONTINUING EDUCATION INFORMATION FOR PROFESSIONALS

PROGRAM GOALS: Participants will learn experiential tools to promote Post Traumatic Growth.

LEARNING OBJECTIVES: After the workshop participants will be able to:

1. Define Post-Traumatic Growth (PTG)
2. List the five areas in which positive change typically manifest in PTG
3. Define spontaneity according to Psychodrama theory
4. Explain how spontaneity and creativity theory promote PTG
5. Demonstrate two warm-ups to help access spontaneity
6. Describe the roles from TSM that contribute to PTG to others
7. Name the three parts of every psychodrama
8. Demonstrate an action structure for the role of the sleeping-awakening child
9. Explain how the corrective role of the perpetrator is the good enough mother and father
10. Demonstrate an action structure that promotes internalization of the good-enough parental roles
11. Define the abandoning, appropriate and ultimate authorities
12. Demonstrate how to access a transpersonal role related to PTG
13. Summarize three research articles on PTG.
14. Present three chapters articles /blogs that connect TSM to PTG

CONTINUING EDUCATION (ADDITIONAL FEES APPLY):

Course meets the qualifications for 19 hours of continuing education credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences. Sylvia Israel, Provider # 019617, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEP. Sylvia Israel maintains responsibility for this program/course and its content. Certificates will be distributed upon completion.

For **Psychologists & RNs** - Contact us for CEs at bayareamorenoinstitute@gmail.com

19 psychodrama training hours may be applied toward certification (Recognized by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy). Hours may also be applied for Drama Therapy (recognized by North American Drama Therapy Association).

ACCOMMODATIONS: Facilities and programs are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact Sylvia Israel at 415-454-7308. Please allow as much advance notice as is possible to ensure we have ample opportunity to meet your needs.

GRIEVANCES: If you have questions or concerns, contact Sylvia Israel at 415-454-7308 or 1924 Fourth Street, San Rafael, CA 94901, or visit www.bayareamorenoinstitute.com/ceu-provider