



The Neurobiology of Trauma

Linda Ciotola, M.Ed., CET III, TEP
Steven Durost, Ph.D.

OCTOBER 19 - October 21, 2018

Friday & Saturday: 10 am - 6 pm
Sunday: 10 am - 4 pm

Penn State-Brandywine
25 Yearsley Mill Rd.
Media, PA 19063

Hours: Participants at this workshop will receive credit towards International Certification in Trauma Therapy using the Therapeutic Spiral Model (TSM), Certification in Experiential Therapy (CET), and Certification in Sociometry, Psychodrama, and Group Psychotherapy by the American Board of Examiners.

Linda Ciotola, M.ED., CETIII, TEP, TSM Trainer, is a co-creator of the TSM Body Double role, author, co-creator of ACTS, an online psychodrama series, and an esteemed international presenter. Linda's home base is in Maryland, where she has worked extensively with TSM. She was recognized for her exceptional work with the Zerka Moreno award in 2008. Linda has many additional certifications and training, which can be found at her website: www.healing-bridges.com.

Steven Durost a PhD in Expressive Therapies, is a LCMHC and a REAT with IEATA. Steven is the Owner & Executive Director of C.R.E.A.T.E! Center for Expressive Arts, Therapy and Education! in Manchester, NH. C.R.E.A.T.E! is the recipient of the 2010 NH NAMI Award for Systems Change. Steven has been awarded the Heroes of Justice Award by the YWCA Crisis Services for his work with the Male Sexual Abuse Survivor's Support Group and for being the YWCA Crisis Services' first responder for human trafficking. Steven teaches as adjunct faculty for Lesley University. Steven conducted research, taught courses and created groups in South Africa, China, Israel, New Zealand, Australia and North America.

Fee: \$600

More info. and registration: Scott@SGiacomucci.com

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

Participants will learn to use the Body Double (BD) intervention to work with the energetic body and the 'rhythmic rupture' it suffers, along with the physical body and the brain, due to traumatic events. The brain-in-action, along with attachment structures, are 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 expands the repertoire of students and practitioners of EMDR, EFT, sensory motor integration, as well as drama therapy and psychodrama.