

DR. KATE HUDGINS, PH.D., TEP
TAIWAN TOUR 2018
2 WORKSHOPS - 4 DAYS

WORKSHOP 1: NOVEMBER 8 - November 10, 2018

WORKSHOP 2: NOVEMBER 12 - November 14, 2018

All Days: 0900 - 1630

Care Corner Counseling Centre
Blk 62B Lorong 4 Toa Payoh #02-143
Singapore 312062

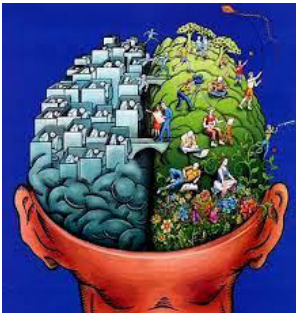
*** All participants are required to attend BOTH Workshops 1 & 2**

Fee: S\$910

Enquiry & Registration kindly email:
ccts@carecorner.org.sg
or call +65 6250 6813 Ext.126 (Ms Joanne Goh)

WORKSHOP 1

The Neurobiology of Trauma



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.

WORKSHOP 2

Containment: The Key to Safety with Action Methods for Trauma



Our brains are hardwired to Fight, Flight or Freeze from danger. Unfortunately, long after many traumatic experiences happened, the survivor continues to use those survival defenses, forming rigid patterns that shut down or overwhelm the system with unexpressed emotion. This is especially true of grief. For many survivors, it would have been dangerous to cry out while neglect, violence or abuse was happening, while many associate grief with being a victim. So, deep pain and grief from abuse is often hidden or repressed for years, becoming the proverbial 'elephant-in-the-room.'

However, TSM has a special Prescriptive Role, the Containing Double (CD), that helps clients work through dissociation and other defenses to access these intense feelings of grief and mourning—safely and without retraumatization.

The CD was one of the first roles to be developed by TSM. Its efficacy has been researched and it is used throughout the world, across cultures and languages. In this workshop, participants will learn and practice the Containing Double in triads, participate in full TSM psychodramas, and learn TSM's Action Safety Structures that enhance group cohesion and provide the overarching container for deep work.