



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.

STEVEN DUROST, PhD, LCMHC, REAT, is the Founder and Director of C.R.E.A.T.E! The Center for Expressive Arts, Therapy and Education in Manchester, NH. He teaches psychodrama courses at Springfield College-Manchester and Lesley University-Cambridge; his work was nationally recognized in 2014 with an award from the American Society of Group Psychotherapy & Psychodrama. Dr. Steven is a certified Assistant Leader in TSM Psychodrama to create post traumatic growth with the Therapeutic Spiral Model. www.CastleCreate.com.



Brain In Action: The Neurobiology of Trauma

Presented by

Steven Durost, PhD, LCMHC, REAT

February 15-17, 2019

From 9am to 5pm

Bangalore, Karnataka

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.

Place: Vedadrama.com Training Centre, near NIMHANS.

Organizer: Vedadrama India Pvt. Ltd. together with PIB-Zentrum, Germany

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