



International Woman's Salon For Post Traumatic Growth

Presented by

Kate Hudgins, Ph.D., TEP

Amy Stone, MSS, LSW

Kimberly Bass, LSW

Avital Spiegel, LCSW

Temenos Retreat Center, West Chester County, PA.

August, 15, 2019 6pm through 3pm August 18, 2019

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.

Amy Stone, MSS, LSW is a senior TSM Clinician who joins me as Assistant Leader at this workshop. She is a licensed clinical social worker with specialization in trauma and addiction. Amy specializes in Experiential Therapy, including TSM Psychodrama, EMDR and other action methods with trauma and addiction. She is a published author on the use of experiential therapy with inpatients with trauma and addiction. Most of all, she brings her creative and alive Spirit with her!

Join Dr. Kate, Amy Stone, LSW, Kimberly Bass, LSW, and Avital Spiegel, LCSW for this Residential International Woman's Salon. You are meant to be at this workshop if you are still fighting the traumas of the past inside yourself, even after becoming professionally successful and/or creating trustworthy relationships. This workshop uses state of the art creative and experiential methods to help you become all of who you are meant to be! As we use TSM psychodrama, sociometry, and the expressive arts, we will find the strengths forged from the past and integrate them into every aspect of your life today.

TSM Psychodrama is based on the latest research on the neurobiology of trauma and happiness. We will share new and spontaneous experiences of healing and change as a group of women who can make a difference! We will also enjoy good food, great talks around the beautiful fireplace, and lots of self-care in a beautiful setting.

This workshop is limited to 8 women and Dr. Kate leads a team with Amy Stone to provide safety and support to complete the deepest level of trauma work possible. You will awaken to your gifts of spontaneity, creativity and most of all a future filled with hope and released from the past.

• **INFORMATION & REGISTRATION:** Kate Hudgins at drkatetsi@mac.com or Amymstone@me.com

• Space is limited so register as soon as possible. Participants report that they get 6 months of therapy and change from these small salons.

Residential retreat- \$1200, some private rooms are available for an extra supplement- Breakfast and lunch is included each day.