



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.

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.

Babi Abis is a psychodrama psychotherapist registered with the UK Council for Psychotherapy (UKCP), and a member of British Psychodrama Association (BPA). She trained in Psychodrama at the London Centre for Psychodrama, and has since worked in private practice, for the NHS and for non statutory sector, offering groups and 1:1 to young people and clients with personality disorder and addiction. Babi uses psychodramatic techniques in 1:1s, integrating also mindfulness in her approach. Babi works in London and Brighton, UK.



Brain In Action: The Neurobiology of Trauma

Presented by

Kate Hudgins, Ph.D., TEP

with Babi Abis

March 13-15, 2020

Hours Friday-Saturday 10-6, and Sunday 9-3

The BRIGHTHELM Centre,

North Road, Brighton, East Sussex, BN1 1YD

m.brighthelm.org.uk

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. This workshop provides immediately useful tools for individual, couples, family and group psychotherapies.

More information & to register please email:

abis_barbara@yahoo.co.uk

Tuition \$600