



Working with Traumatised Clients 1 & 2

Professional Development Workshops

2-3 June 2012

18-19 Aug 2012

with Forrest James

Traumatic experiences shake the foundations of our existence, including our experience of safety, trust, and a coherent embodied sense of 'self'. The trauma of overwhelming life events can deeply shape our beliefs and interpersonal expectations. Trauma symptoms can be understood as creative adaptations, shaped by the available supports accessible within a given context. The fundamental Gestalt principles of the attention to somatic experience, 'mindful' use of present moment awareness, person to person relating, and experimenting with how experience has become organised provide a gentle and powerful framework for working with clients who have endured trauma. This module will combine the principles of the Gestalt approach to psychotherapy with contemporary developments in understanding and working with traumatic experience.

Participants will learn:

- the three phase model of trauma treatment
- how to work within 'the window of tolerance'
- the neurobiology of trauma and its effects
- psycho-education for clients
- the difference between implicit and explicit memory
- skills for tracking and stabilizing states of hyper and hypo-arousal in clients
- somatic interventions that support the ability to integrate traumatic experience
- the role of focused awareness ('mindfulness') in the treatment of trauma
- how to support client self-regulation in the therapeutic relationship
- how trauma affects a felt sense of personal boundaries and methods to restore healthy somatic and psychological boundaries

Forrest James *MANPsych, BAppSci, AdDipGT, ClinMGANZ*

Forrest works as psychotherapist, supervisor and trainer. He trained in somatic psychotherapy at the Gerda Boyesen Institute in the UK and in Gestalt Therapy in Brisbane and Melbourne. He has twenty years experience as a helping professional in the fields of trauma, relationship and family issues, interpersonal violence, men's issues, alcohol and drug dependence, and supervision. Forrest has a particular interest in the intersections of gestalt, relational approaches in psychotherapy, advances in neurobiology, and their application in psychotherapy and other 'helping relationships'. He is Associate Director Gestalt Therapy Sydney.

Cost \$660 (plus GST) for both 2 day workshops.

Venue GTS "The White House" 89B Cowles Rd. Mosman

Times 9.30-5.00

Registration and information please contact Ashleigh at Gestalt Therapy Sydney

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