

WORKING TOWARDS SAFER TRAUMA THERAPY

With **Babette Rothschild**



PART 1A

‘WORKING TOWARDS SAFER TRAUMA THERAPY’

2 day seminar: Saturday 5th May & Sunday 6th May 2018: 9:30a.m.-5:30 p.m.
VENUE: Avila Centre, Bloomfield Ave, Morehampton Rd, Donnybrook, Dublin 4
Cost: €200
Early Bird: €175 (Booked before 31 Dec 2017)

‘WORKING TOWARDS SAFER TRAUMA THERAPY’

This seminar is suitable for all healthcare professionals - Counsellors, psychotherapists, psychologists, psychiatrists, social workers etc - working with clients who have experienced trauma. This two-day seminar will cover the Psychophysiology of stress and trauma, Regulating hyper-arousal, ‘Putting on the brakes’, Body awareness as an integrative tool of trauma therapy, Identifying and utilizing Resources to mediate traumatic stress, Boundary and therapeutic distance, Muscle tone and containment, Mediating and preventing vicarious traumatization. This seminar will incorporate theory with practical exercises and live demonstrations.

Biography



Babette Rothschild, MSW, LCSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of six books, all published by WW Norton including *The Body Remembers Vol 2 : Revolutionizing Trauma Treatment (2017)*; *The Body Remembers: The Psycho- physiology of Trauma and Trauma Treatment* (a bestseller, translated into 10 languages); *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*, *8 Keys to Safe Trauma Recovery*. She is also the Series Editor of the WW Norton *8 Keys to Mental Health Series* (6 titles and on-going). After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles. There she is writing her next books while she continues to lecture, train, and supervise professional psychotherapists worldwide.

For more information, visit her website: www.trauma.cc

Booking Remittance

To book a place on Babette Rothschild's *‘Working Towards Safer Trauma Therapy’* 5th/6th May 2018 Seminar,

please send the attached registration form and remittance to Awakenings.

Name	
Email Address	
Contact Address	
Contact Phone Number	

For further details: Awakenings 01-4920122: 3 Dodder Park Drive, Lr. Dodder Road, Rathfarnham, Dublin 14. Website: www.awakening.ie E-mail: awakeningsinfo@gmail.com