



An Evening With Bestselling Author **Babette Rothschild**

Discussion and readings from her long-awaited newest book:



'Revolutionizing Trauma Treatment' The Body Remembers, Volume 2

Evening seminar: Friday 6th October 2017: 6.30pm-8pm

Venue: Avila Centre, Bloomfield Avenue, Morehampton Road, Dublin 4

Cost €40

In Conjunction with the launch of her new book, Babette will present Readings and Discussions from her long awaited newest publication.

Challenging the notion that clients with PTSD must revisit, review, and process their memories to recover from trauma, **The Body Remembers, Volume 2: Revolutionizing Trauma Treatment** continues the discussion begun more than fifteen years ago with the publication of the best-selling and beloved *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*.

This new book is grounded in the belief that the most important goal for any trauma treatment is to improve the quality of life of the client. Therefore, the first prerequisite is that the client be reliably stable and feel safe in his or her daily life as well as the therapy situation.

To accomplish this, Babette Rothschild empowers both therapists and clients by expanding trauma treatment options. For clients who prefer not to review memories, or are unable to do so safely, new and expanded strategies and principles for trauma recovery are presented. And for those who wish to avail themselves of more typical trauma memory work, tools to make trauma memory resolution even safer are included

Being able to monitor and modulate a trauma client's dysregulated nervous system is one of the practitioner's best lines of defence against traumatic hyperarousal going amok risking such consequences as dissociation and decompensation. Rothschild clarifies and simplifies autonomic nervous system (ANS) understanding and observation with her creation of an original full colour table that distinguishes six levels of arousal. Included in this table (and the discussion that

accompanies it) is a new and essential distinction between trauma-induced hypoarousal and the low arousal that is caused by lethargy or depression.

Principles and theory come alive through multiple demonstration therapy transcripts that illustrate:

- Stabilizing a new client who consistently dissociates due to persistent trauma flashbacks
- Clarifying and keeping therapeutic contracts
- Identifying and implementing hidden somatic resources for stabilization
- Easing transition from Phase 1 to Phase 2 trauma treatment via trauma memory outlining
- Utilizing good memories and somatic markers as antidotes to traumatic memory

Combining an authoritative yet personal voice, Rothschild gives clinicians the space to recognize where they may have made mistakes by sharing her own; as well as a road map toward more effective practice in the future. This book is absolutely essential reading for anyone working with those who have experienced trauma.

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: 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 Friday 6th October 2017 *Evening Seminar on a discussion and readings from her new book 'Revolutionizing Trauma Treatment' The Body Remembers, Volume 2* please send the attached registration form and remittance (€40) 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