

PROMOTING RESILIENCE & POSTTRAUMATIC GROWTH

Led by: Catherine D. Nugent, LCPC, TEP

Sunday, July 19, 2020 – 9:45 a.m. to 5:30 p.m.

**“The world breaks everyone, and afterward,
many are strong at the broken places.” –**

Ernest Hemingway, *A Farewell to Arms*.

Overview: Posttraumatic Growth (PTG), a term coined by psychologists Tedeschi and Calhoun (2013), refers to positive psychological growth that occurs in the aftermath of adversity. Although only recently introduced into the psychological literature, the concept is not new, as evidenced by the Hemingway quote.



PTG is described in ancient wisdom traditions, diverse religions, literature and drama as a way human beings cope, make meaning of, and experience benefit from serious life challenges. Now affective neuroscience and positive psychology have given us new concepts and language to explain and promote resilience and PTG for ourselves and our clients.

Using action methods, we practice ways to soothe the activated nervous system. We also explore strategies that harness the brain's capacity to rewire neural circuits by focusing on new, corrective experiences. The workshop is highly experiential, drawing on sensorimotor psychotherapy, mindful movement and (of course) psychodrama, as we explore this important and inspiring theme.

Learning Objectives: *Participants will be able to:*

- Define the terms, resilience and posttraumatic growth (PTG).
- Explain--in terms understandable to clients--what happens in the brain, nervous system and body when we are traumatized and when we are in a steady state (in the Window of Tolerance or a state of equanimity).
- Describe at least two clinical interventions to enhance resilience and promote PTG.



Location: Laurel Psychodrama Training Institute, Laurel, Maryland, a few turns off I-95 or Route 29.

Date/Time: Sunday, July 19 – 9:45 a.m.–5:30 p.m. (with a 45-minute lunch and two 15-minute breaks)

Continuing Education: 6.5 hours Category I, Maryland Board of Social Work Examiners; National Board for Certified Counselors (NBCC – ACEP #6788); American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy. (See below for full CE information.)

Investment:

- \$185-general admission
- \$150-members of LPTI ongoing training cohort
- \$150-three or more from the same organization
- \$140-students from JHU counseling program (current student or within one year of graduation)

Note: Some partial scholarships are available. Please inquire.

Workshop Leader: Catherine D. Nugent, Executive Director & Principal Trainer with Laurel Psychodrama Training Institute, is a licensed clinical professional counselor and Board-certified psychodrama trainer. From 2013-2019, Cathy taught in the clinical mental health counseling program at Johns Hopkins University. In her private practice, she specializes in using integrative/experiential psychotherapy to help individuals and groups heal from trauma and attachment injuries. To her clinical and teaching roles, Cathy brings not only her 30+ years of experience as a psychodramatist, but also training in sensorimotor psychotherapy, Imago Relationship Therapy, mindfulness and hatha yoga. Cathy is the recipient of the American Society of Group Psychotherapy & Psychodrama's 2019 J.L. Moreno Award for Lifetime Achievement in Psychodrama.



To register: Send an email to cathynugent@verizon.net or call 410-746-7251. Space is limited to 15, so please register as soon as possible.



Continuing Education Information:

Laurel Psychodrama Training Institute has been approved by NBCC as an Approved Continuing Education Provider with the National Board for Certified Counselors (AEP # 6788) and certifies that this program meets the criteria for up to 6.5 hours of continuing education for counselors. Programs that do not qualify are clearly identified. Laurel Psychodrama Training Institute is solely responsible for all aspects of the programs.

Catherine D. Nugent is an Approved Provider of is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for up to 6.5 Category I continuing education for social workers in Maryland.

Catherine D. Nugent, LCPC, TEP, is a Board-certified psychodramatist and psychodrama trainer. Up to 6.5 hours may be credited toward the Certified Practitioner in Psychodrama, Sociometry and Group Psychotherapy certification, C.P. credential, as approved by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.