



# EAST COAST TRAINING GROUP

## OCTOBER 7 – 9, 2016

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### THE CONTAINING DOUBLE TO EXPRESS GRIEF SAFELY

with

MONICA FORST, M.Ed., C.C.C., I.C.A.D.C., R.P, TSI TRAINER &  
SCOTT GIACOMUCCI, MSS, LSW, CTTS, CET II, TSI ASST. LEADER

Our brains are hardwired to Fight, Flight or Freeze from danger. Unfortunately, long after many traumatic experiences happened, the survivor continues to use those survival defenses, forming rigid patterns that shut down or overwhelm the system with unexpressed emotion. This is especially true of grief. For many survivors, it would have been dangerous to cry out while neglect, violence or abuse was happening, while many associate grief with being a victim. So, deep pain and grief from abuse is often hidden or repressed for years, becoming the proverbial ‘elephant-in-the-room.’

However, TSM has a special Prescriptive Role, the Containing Double (CD), that helps clients work through dissociation and other defenses to access these intense feelings of grief and mourning—safely and without retraumatization. This is a simple, yet profound, 3-part tool the director, auxiliary ego, or therapist uses to align energetically and emotionally with the protagonist or client, then models and supports them to take a step out of their past rigidity.

The CD was one of the first roles to be developed by TSM. Its efficacy has been researched and it is used throughout the world, across cultures and languages. In this workshop, participants will learn and practice the Containing Double in triads, participate in full TSM psychodramas, and learn TSM’s Action Safety Structures that enhance group cohesion and provide the overarching container for deep work. *Hours count for the TSI International Certification Training Program in Trauma Therapy.*

**HOURS:** October 7<sup>th</sup> & 8<sup>th</sup>, 10am-6pm; October 9<sup>th</sup>, 10am- 4pm.

**VENUE:** Penn State University, Brandywine Campus, Main bldg. Rm 113. 25 Yearsley Mill Rd, Media, PA 19063. **SPONSOR:** Giacomucci & Walker, LLC.

**FEE:** \$600. **DEPOSIT:** \$100. **EARLY DISCOUNT:** \$550 if paid in full by September 7<sup>th</sup>.

**REGISTRATION:** Kate Hudgins: [drkatetsi@mac.com](mailto:drkatetsi@mac.com). TSI website: [www.drkatehudgins.com](http://www.drkatehudgins.com).

Monica Forst, M.Ed., C.C.C., I.C.A.D.C., R.P. is the founder of *Choices in Action Counselling Services*, a private practice offering individual, group and couples therapy and is a fully trained Leader in the Therapeutic Spiral Model. Blending Transactional Analysis and Psychodrama, she works with childhood trauma and addictions.

Scott Giacomucci, MSS, LSW, CTTS, CET II is a psychotherapist in private practice at Giacomucci & Walker, LLC. West Chester, PA and has trained as a TSI TAE. He currently provides trauma treatment services at Mirmont Treatment Center incorporating classical psychodrama, TSM, and other experiential therapies into work with trauma and addiction. [giacomucciscott@yahoo.com](mailto:giacomucciscott@yahoo.com); [www.SGiacomucci.com](http://www.SGiacomucci.com).