

TRAINING WORKSHOP

MARCH 18 & 19, 2017



SUNNYVALE, CA



FINDING YOUR WAY HOME

KATE HUDGINS, PH.D., TEP &
VLADA ZAPESOTSKY, M.A., PAT

In each of us beats a Truth that lives within our internal sacred space since the day we were created. It knows who we truly, naturally are and is waiting for us to hear its call and come back home--where we can be our own creators, healers, visionaries, directors, and guides.

As a participant, you will learn to activate and trust your soulful, inner GPS that shows the safe Way Home to the authentic self—a road that is sometimes very rocky. The Helper Role of Housekeeper (TSM's Observing Ego) neutrally brushes out the shame and blame of childhood traumas, abuses, and defenses that block the path. Action demonstrations, role play, and practicing TSM tools, help you learn to apply psychodramatic methods that create a safe container and increase access to the inner world. You will also take the roles of director, client and auxiliary to experience your own healing, personally and professionally, along the way. This workshop is appropriate for all therapists, students and practitioners of psychodrama and other experiential therapies.

• **TIME:** Saturday & Sunday, 10-6pm • **FEES:** \$500 • **VENUE:** The Center of Healing, Releasing and Creativity: "The Way Home", Sunnyvale, CA. • **INFORMATION & REGISTRATION:** Vlada Zapesotsky, Vladlenad@gmail.com

KATE HUDGINS, PhD, TEP, is an internationally recognized expert on Post-Traumatic Stress Disorder. She developed the research-supported Therapeutic Spiral Model™ (TSM) to treat PTSD, demonstrating that experiential approaches create immediate change and new learning for those suffering various stages of breakdown, following overwhelming traumatic events. Kate has taught and worked internationally for over 20 years and is a published author and recipient of numerous awards. www.drkatehudgins.com.

VLADA ZAPESOTSKY, MA, PAT, is a Board Certified Practitioner-Trainer. Having worked in Israel, Vlada relocated to the US, where she developed the Center of Healing "The Way Home" and conducts workshops, trainings, educational sessions and courses in English, Hebrew and Russian. In her private practice, Vlada works with children and parents, and adults, creating a safe and healing structure of the "True Inner Home," about which she is writing a book. She incorporates elements of TSM into her work and has presented workshops with Kate. www.facebook.com/VladaTherapy/