

Hello to all our TSM readers here and abroad.

I want to start off with my gratitude to Francesca and to celebrate the first year of the TSI News Update! It is all we imagined and more!

- A teaching tool about psychodrama, TSM, trauma, spontaneity and healing.
- Connections to our history through our new Zerka's Corner.
- Showcasing all TSI Trainers, not just me, and showing the breadth of TSM around the world—how each trainer has contributed to its on-going development.

The international interviews are great and I know readers will continue to look forward to learning about new members of the TSI community they may not know yet. Our News Update reaches out to show the international expansion of TSM both in Mario's interview and in my Musings about this year's Fall trip to Asia.

While I continue to work with Sylvia Israel, Armand Volkas, and Vlada Zapesotsky on the West Coast and Scott Giacomucci on the East Coast, this edition's update focuses exclusively on my work in China and Hong Kong.

### **History—Why Is Kate working in China?**

Since 2004, I have been going to Mainland China to conduct TSM training and personal growth workshops. In 2004, I was asked by Dr Lai Nien-hwa from Taiwan and Professor Sang from Nanjing University to be among the first Westerners to bring suicide prevention to China. This invitation followed a government mandate for all universities to create their first mental health programs and counseling services for students. In the first 4 years, I taught at over 20 different universities in Beijing, Shanghai, Nanjing, Chongqing, Shandong, Chingtao, and ultimately, even Urumichi. Eventually in 2008, I settled down at Hua Qiao University (HQU) where I was invited to be a Visiting Professor. I spent three months doing a Summer sabbatical to help them expand their mental health staff by direct work with their student population and with supervised practice. I have continued to work there ever since, certifying the first full TSI team in China under the guidance of Zhao Bingjie Lao Shi in the coming year! (So exciting!)

2008 was a year of spontaneous expansion of TSM in China. As I was finishing a training workshop at Nanjing University, the Chengdu earthquake happened. So, I flew home and turned around and came back to Chongqing to work with Zhao Shulan Lao Shi and lead a team of 10 TSM members from Beijing,

Shanghai, and Quanzhou to work with the 3rd Division of the Chinese Army to prevent secondary PTSD in first responders. Psychiatrists, psychologists, social workers and educators came through the TSM 6-week long donated program, where we helped them stay resilient to do this heart wrenching work and to grieve the loss of human life. I was excited to return to Chongqing again this Fall and to have a future projection of 2017 as you will see below.



*Chongqing Group, 2016, welcoming Dr Kate with lots of smiling faces!*

### **Fall 2016**

My trip to China, as I left a workshop on attachment and grief in Ottawa Canada with Monica Forst and her great team up there, the longest running TSI team in action! I was blessed to be with this team, a week after Zerka died so that I could have a good cry in their arms and bring her spirit to China with me!

Francesca and I have been frantically scrambling to meet the publications deadline for my chapter on global health to be published next year (put in link here), so I spent Sunday night after the workshop in the Toronto airport, typing on the computer to get her a final submission, and to keep myself awake for a 1:45 AM flight to Hong Kong. I arrived in HK at 5AM the following day and spent a night

at the airport hotel to begin the process of getting over jet lag and recovery for my swollen ankle. It was a nice transition and I highly recommend the Regal Airport Hotel. Quiet and many food choices!

## Chongqing, China

I arrived in Chongqing and was greeted by Zhao Shulan Lao Shi, whom I had not seen for three years. It was a good reunion with talk and talk, for almost an hour, as we fought the traffic to get to my hotel. I arrived at the Le Meridien to find out that only one person in the entire Western-run hotel spoke English! Luckily, I stayed here last time and knew the ropes and, over the days I was there, the staff gradually tried out their English and we both found that they were much better than we thought. This became my refuge, returning each night and getting a bag of ice to reduce the swelling of my ankle, after being on it 8 hours a day doing psychodrama! Progress not perfection, but my ankle is healing after two years' post-surgery.



Since this was a 6-day personal growth workshop for professionals, people were engaged at both personal and training levels. The group was made of highly educated folks from psychiatry, clinical and counseling psychology, as well as education. Everyone was there to learn for themselves and for the people they seek to help. Participants came from Kunming to join fellow colleagues here in Chongqing and we had a rich and deep workshop together. Before I left, we made a plan to conduct the entire Level 1 Series (160 hours) of psychodrama training with trauma courses next year from May 28-June 4 and from October 1-8th. Shulan and I will co-lead, what looks like, an amazing group of dedicated professionals. It was a profound shared experience that ended with a fun "hot pot" at a nearby restaurant.



Yum! Hot Pot – Delicious!!!

## Xiamen, China

I flew south to Xiamen, where I have been working for the past 3 years with an organizer, Rebecca, who owns a company named Present. We have expanded the services I provide in Xiamen from personal growth and training workshops to private consultations, and so I spent my first week there holding personal sessions, small teams, and live supervision, along with resting up.

The TSI trained team that includes both the mental health staff from HQ and the staff from Present joined together to share our TSM learning with people who want private and confidential sessions, or focused therapeutic work. On this visit, I worked with individuals, a mother and daughter, a couple, and a family as we were warming up to a workshop on *Building Intimacy Through TSM*.

*A note to my Chinese friends: I will be planning consultation days into my schedule for 2017 when I return in the Spring and Fall, so book your session early through [zy@prstzx.com](mailto:zy@prstzx.com), since there are limited spaces.*

While in Xiamen, we conducted one of the last online classes of my first course on Psychodrama with Trauma in China. Together with Zhao Bingjie Lao Shi, we taught about spontaneity and creativity theory and how psychodrama helps people heal their brains after trauma.

Using psychodynamic theory, we compared it to psychoanalysis, which, like psychodrama, helps you analyze how early childhood continues to affect you today. More importantly, we introduced the RX roles (Prescriptive Roles of the TSIRA) that build the spontaneity needed to change your brain, your relationships and your future. I am excited about offering additional courses and online group supervision next year.

The workshop in Xiamen, *Using TSM to Build Intimacy*, was a deeply profound learning since, for the second time in China, I used the 4-quadrant action tool about attachment styles. Because this was one of my final personal growth workshops in China, people brought their parents, spouses, and friends to learn together, making the workshop a live lab for TSM and healing. With the combined HQU and Present staff, who have been working together for 3 years, people could take huge risks for change with the support of the group and the model. My heart was deeply touched as I saw people let go of trans-generational legacies of oppression, instilling new hope for the future for themselves and their families.



### **Hua Qiao University, Quanzhou, China**

Finally, I ended my normal Fall sojourn in China with a visit to Hua Qiao University and the ever-expanding mental health center of Professor Zhao Bingjie. Each visit, I teach two large group auditorium classes of 250+ students on mental health and they are always surprised when I have them up and moving within the first 10 minutes of what they expected to be a lecture! My reputation has spread over the years as "...a seminar you want to attend," since it uses experiential demonstrations to increase the state of spontaneous learning in the moment and everyone always leaves feeling renewed.



*Dr Kate with Shulan and Bengjie*

I also did several student consultations with the entire staff Present as my TSI team, and then provided group supervision on TSM therapy at the center. We always enjoy great lunches and nice dinners at the university, often with the VP of research, who has become a friend of mine through her daughter, Xin Xin, who went to school in Virginia and spent several American holidays with us.

Next year, I will be certifying Wang Lao Shi and Huang Lao Shi as TSI Team Leaders and starting the Level 1 courses in the International Certification Program in Trauma Therapy with Zhao Lai Shi. I wish to thank Present for organizing this in advance!

### **Hong Kong**

Finally, leaving China after almost 3 weeks (of rain), I took the short flight to Hong Kong where I will see my son, who has lived there for the past 6 years, and conduct a free workshop for students of psychodrama and the expressive arts.

It was the day before the typhoon and people were stressed, but we managed to take time out for a bit of spontaneity training and trauma repair, as I introduced the RX roles to the group there. You can see, from the photo, that they learned them well in just a few hours!



Although time with my son was cut a bit short due to the typhoon, we managed to connect and have many good conversations as, from my 28th floor corner room, we watched the storm come in. It's a good thing I grew up in Florida and know hurricane, so I was fascinated rather than scared!