



JANUARY 13 – 15, 2017 ♡ MEDIA, PA

MAKING FRIENDS WITH YOUR DEFENSES

KATE HUDGINS, PH.D., TEP

& THE ACTION HEALING TEAM

As all clinicians know, survival defenses of fight, flight, or freeze develop at the time trauma occurs as adaptive ways to keep the body, mind, heart and spirit alive. However, many people with PTSD continue to rely on dissociation, denial, and avoidance even to the point of turning to addictions and eating disorders, thereby keeping unprocessed trauma experiences at bay. This workshop provides a simple description and an exciting action structure to help people identify defenses that are no longer useful in their current life. In this way, they can begin to address the trauma, as well as to open to a fuller and more spontaneous life.

While this training is part of the Therapeutic Spiral International (TSI) Certification Program in Trauma Therapy, it is also a very useful stand-alone workshop for anyone working in the fields of trauma and addiction. Participants will learn a Therapeutic Spiral Model action structure, called the Manager of Defenses (MD), which demonstrates how to contain defenses through gratitude and strength, rather than confrontation. Participants will acquire immediately-useful experiential skills for working with trauma, addiction or eating disorders, and also have the opportunity to see the MD in action, both in individual and group practice. Training hours are available for Psychodrama and TSI Certification.



DATES/TIMES: Friday-Saturday, 1/13 & 14, 10am-6pm; Sunday, 1/15, 10am-4pm. **VENUE:** Penn State University, Media, PA. **SPONSOR:** Giacomucci & Walker, LLC. **Fee:** \$600. \$550 early bird fee in full by 12/13/2016, no refunds after this date. \$100 deposit to TSI, 1460 Stoney Creek Drive, Charlottesville, VA 22902. **INFORMATION & REGISTRATION:** giacomucciscott@yahoo.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, subsequent to 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.

Workshop organizer, Scott Giacomucci, MSS, LSW, CTTS, CET II is a psychotherapist in private practice at Giacomucci & Walker, LLC. West Chester, PA and is in training as a TSI Assistant Leader. 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; www.SGiacomucci.com.