



SURVIVING SPIRITS:
HEALING TRAUMA & ADDICTION
WITH THE THERAPEUTIC SPIRAL MODEL

**SYLVIA ISRAEL, LMFT, RDT/BCT, TEP &
TSI ACTION HEALING TEAM: JOY LIU, LMFT & GREGORY BURNS, LMFT**

In the early 1990s, when the Therapeutic Spiral Model (TSM) was first created, we called our personal growth workshops "Surviving Spirits" to honor the courage and determination of the women and men who participated in order to heal from sexual abuse. Since its creation TSM has traveled to 30 countries and has evolved to facilitate the healing of collective, intergenerational and individual wounds, expanding its effectiveness with all types of trauma.

We re-introduce this TSM workshop with an emphasis on building the spontaneity and creativity needed to face life's challenges without the veil of addictions, which can include not only alcohol and substance abuse, but love, work, exercise, food, internet and cell phone, gambling, etc. Even worry, anxiety and lack of self-care may have strong addictive patterns.

In this workshop, we utilize action methods drawn from psychodrama and sandtray therapy (miniature figures to explore inner worlds), both excellent expressive arts therapies for healing. We use proven TSM group work to increase participants' sense of resilience and create a community in which to share loss, grieve the past, and experience wholeness by accessing wisdom and creativity. We pay special attention to safety and confidentiality.

This workshop is for those who are currently in therapy or on a personal journey of healing and recovery. It is also appropriate for professionals who seek to do personal work while learning tools that can be applied to their professional work.

WHEN: Friday, 11/10, 12-8pm; Saturday, 11/11, 10am-6pm; Sunday, 11/12, 9am-4pm. **WHERE:** *IMAGINE!* Center for Creativity and Healing, San Rafael, CA. **FEE:** **\$450** by 10/10/2017; **\$495** after. Students: **\$400** by 10/10/17; **\$450** after. Full refund 3 weeks prior; 50% refund after; no refund day or workshop.

INFORMATION: Joy Liu, joy.wong.liu@gmail.com, (510-999-6380); Gregory Burns, gdburnsca@yahoo.com, (925-223-7228). *You must contact Gregory or Joy before registering.* **REGISTRATION:** Send check to SYLVIA ISRAEL, 1924 FOURTH STREET, SAN RAFAEL, CA 94901, or online at: <https://www.eventbrite.com/e/surviving-spirits-healing-trauma-addiction-with-the-therapeutic-spiral-model-tickets-36639088500>

Sylvia Israel, LMFT (mfc#31245), TEP, RDT/BCT is a founding member of Bay Area Moreno Institute providing Psychodrama Training. She is a Trainer in the Therapeutic Spiral Model and has taught about PTSD and Action Methods at CA Institute of Integral Studies (CIIS), JFK University, and other graduate programs. Sylvia is on the faculty at CIIS and Kansas State University and maintains a private psychotherapy and psychodrama practice in Marin and San Francisco. For accommodations and more info, please visit www.BayAreaMorenoInstitute.com.



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NOVEMBER 10-12, 2017

PROGRAM INFORMATION FOR PROFESSIONALS

Professional Program Goals

Participants will learn experiential tools for safely working with trauma survivors and those in recovery.

Learning Objectives

After the training, participants will be able to:

- Apply two action methods for working with a client with trauma
- List the roles needed for healing from trauma
- List the roles internalized by trauma survivors
- Explain the trauma triangle
- Describe transformative roles
- Explain how TSM Action Safety Structures develop group cohesion and safety
- Give examples of three types of strengths
- Explain why it is vital for clients with trauma or addiction to develop the role of observing ego
- Demonstrate the role of the observing ego
- Create a circle of strengths
- Discuss how the use of sandtray can enhance healing of trauma survivors and those in recovery
- Give examples of sociometric interventions to increase group cohesion
- Identify how psychodrama can be used to promote containment and stability.

Sylvia Israel, LMFT (mfc #31245), TEP, RDT/BCT, is a nationally certified Psychodrama Trainer, Educator, Practitioner and Registered Drama Therapist/Trainer. She is a Founding member of Bay Area Moreno Institute, Founder/Director of IMAGINE! Center for Creativity and Healing, Founder/past-Director of Bay Area Playback Theatre. She is a Certified Trainer in the Therapeutic Spiral Model for working with Trauma Survivors and is trained in Somatic Attachment Therapy and IMAGO couples counseling. She teaches at CA Institute of Integral Studies (CIIS) and Kansas State University. Sylvia maintains a private practice in Marin and San Francisco working with individuals, couples and groups.

For full bio: www.bayareamorenoinstitute.com/bios/

ACTION TEAM:

Gregory Burns, LMFT (MFC 96018), is in private practice in Livermore (www.seekingunion.com). He enjoys working with couples, issues of shame, and 12 Step recovery.

Joy Wong Liu, MFT (MFC 53681) is a Christian psychotherapist in private practice in Berkeley (www.qwaters.net). She loves to help children and inner children improve their relationships.

Joy and Gregory co-lead Healing Childhood Wounds Groups in the East Bay.