

Workshop Description

PTSD (Post-Traumatic Stress Disorder) is an indicator that the body and mind have not yet recognised that a traumatic incident is over. As a result, the body's nervous system responds by continuously mobilising the muscles and other body systems for defence (fight/flight) and/or numbing (freeze).

Those with PTSD become overly attentive to interoceptive reminders of the past danger, whilst losing their connection to exteroceptive cues (the five 'senses') that appraise the present environment. Known risks with traumatised clients - dissociation, flashbacks, abreaction and retraumatisation - are, in part, the result of hyper-arousal in the autonomic nervous system (ANS).

This course will equip participants with psychophysical theory, principles and tools for reducing, containing and halting traumatic hyper-arousal. It is consistent with and a useful adjunct to all methods of psychotherapy and specialised trauma therapies (e.g. analytical, dynamic and somatic approaches, cognitive-behavioural and EMDR).

Goals and Objectives

- 1) Comprehension of the functioning of ANS and hyper-arousal, stress, trauma, and post-traumatic stress disorder
- 2) Ability to observe and gauge the state of the ANS
- 3) Acquisition of tools for stopping, containing and reducing hyper-arousal

This Workshop is for:

- Psychotherapists
- Counsellors
- Psychiatrists
- Social Workers
- Alternative and complementary practitioners
- Students of counselling and psychotherapy
- And those working in caring professions

Workshop Format

Participants will learn through lectures, written materials, experiential exercises and videotapes of clinical sessions.

PROGRAMME

DAY ONE

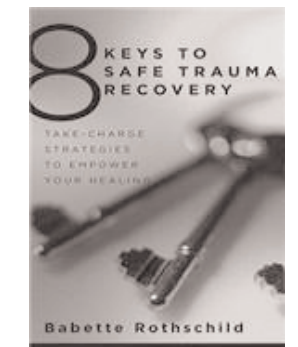
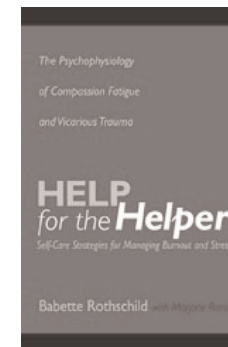
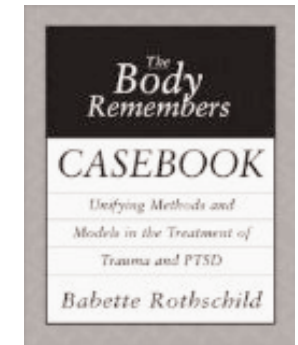
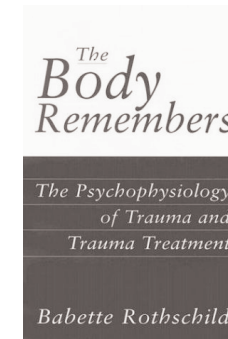
9.00 am	Registration
9.30 - 11.00	Introduction Introductory Video Glossary of Terms: Stress, Trauma, PTSD
11.00 - 11.15	Morning Coffee/Tea
11.15 - 1.00	Risks of Trauma Therapy Putting on the Brakes Body Awareness: a Tool in Trauma Therapy
1.00 - 2.15	Lunch break (no lunch provided)
2.15 - 3.45	Video: Neurobiology of Emotion & PTSD Psychophysiology of Stress & Trauma
3.45 - 4.00	Afternoon Coffee/Tea
4.00 - 5.30	Video: Application of Techniques Role-Play Practice of Techniques End of Day Discussion

DAY TWO

9.30 - 11.00	Questions and Review from the first day Hyperarousal Regulating the Autonomic Nervous System
11.00 - 11.15	Morning Coffee/Tea
11.15 - 1.00	Dual Awareness: Perceived versus Actual Danger Body Integrity & Boundaries - Reclaiming the Skin
1.00 - 2.15	Lunch break (no lunch provided)
2.15 - 3.45	Video: Application of Techniques
3.45 - 4.00	Afternoon Coffee/Tea
4.00 - 5.30	Role-Play Practice of Techniques End of Course Discussion, Evaluation

About Babette Rothschild

BABETTE ROTHSCCHILD, M.S.W., L.C.S.W., is the author of four books. She also contributed a chapter to Body Psychotherapy (ed. Tree Staunton). All five books can be purchased from Chiron at a 20% discount and will be on sale during the course.



Published Nov/Dec 2009

A psychotherapist since 1976, Babette has authored several articles on trauma and PTSD and is a member of the Association for Traumatic Stress Specialists, the International and European Societies for Traumatic Stress Studies, and the US Association of Body Psychotherapy. After living in Denmark for 9 years, she returned to her home town Los Angeles, California, where she maintains a private practice while continuing to offer professional training, consultation and supervision throughout the world.

Registration Form / Tax Invoice

Please register me for the Babette Rothschild training workshop on 22nd/23rd May 2010.

☐ Early Bird Registration & Students
(by 1 April 2010) £190.00

☐ Regular Registration
(after 1 April 2010) £210.00

The price includes refreshments but not lunch

Once we have received your registration, we will email you confirmation of your place and details of the venue closer to the time.

Name

Organisation

Address

Postcode

Phone (W)

Phone (H)

email

Training / Background

I enclose a cheque for £

Please make cheques payable to: Chiron Centre

Please send the completed form to:

**Chiron Centre
26 Eaton Rise
London W5 2ER**

Somatic Trauma Therapy Training with Babette Rothschild

A new 12-day course in Somatic Trauma Therapy will start in London from Thursday, October 21st to Sunday, October 24th, 2010 (4 days).

The second 4-day part will be in May 2011, and the third 4-day part in October 2011, both from Thursday to Sunday.

*For more details or to apply, please contact
Kathrin Stauffer on 01223 240815
kathrin@stauffer.co.uk*

OTHER TRAINING EVENTS

Chiron's and the CABP's joint Continuing Professional Development (CPD) Programme offers a range of opportunities for psychotherapists and counsellors from other approaches to gain a deeper understanding of Body Psychotherapy. CPD certificates will be issued,

Chiron's referral service gives access to a network of practitioners within London and the UK, providing Individual Body Psychotherapy, Biodynamic Massage, and supervision.

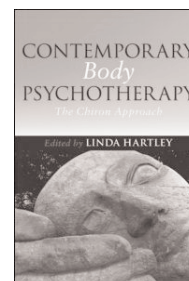
For more information, please contact the Chiron office:
Tel: **020 8997 5219** or email **chiron@chiron.org**
or visit the websites:

www.chiron.org
www.body-psychotherapy.org.uk

This well-reviewed book describes the development of the work of the Chiron Centre and is essential reading for those interested in body psychotherapy and the integration of the body/mind.

Paperback £19.99 Hardback £55

The book can be purchased from Chiron at a 20% discount and will be on sale during the course.



Chiron Centre for Body Psychotherapy and Chiron Association for Body Psychotherapists

present a

Two-day Training with Babette Rothschild



Making Trauma Therapy Safer:

The Psychophysiology of Trauma and PTSD

**Saturday 22nd May &
Sunday 23rd May 2010**

9.30 am to 5.30 pm

**Venue: University of London Union,
Malet Street, London WC1E 7HY**