
Mindful Somatic Approaches to Working with Acute and Developmental Trauma

A 2-day Experiential Workshop for Psychotherapists, Psychologists, Counsellors, and Psychology Students

Dr Paris Williams, Registered Clinical Psychologist

In recent decades, a number of therapy methods have developed that have shown to be highly effective in resolving acute trauma, developmental trauma, PTSD, and other emotionally overwhelming conditions by working directly with the body (via internal sensations, posture, impulses, etc.) in a state of open curiosity (i.e., mindfulness).

We will explore the basic theory and practice of several of the most established therapy methods that incorporate a mindful somatic approach to working with acute and developmental trauma, including Hakomi, Sensorimotor Psychotherapy, Somatic Experiencing and EMDR. And you will be supervised in developing a number of therapeutic tools that you will be able to begin using right away with your clients.

- Venue:** East End Surf Lifesaving Club - New Plymouth
- Date and time:** 19th and 20th March, 2021 (Friday/Saturday)
9am – 5pm (both days)
- Cost:** \$395 early bird (if paid prior to 31st January, 2021); \$450 afterwards
Includes GST; tea/snacks provided; lunch is not provided
- To register:** Contact Paris Williams: pariswilliamsphd@gmail.com



Paris is a Registered Clinical Psychologist and is on the Hakomi NZ faculty as a Certified Teacher. He has a BA in Contemplative (mindfulness-based) psychology and Somatic psychology, and an MA and PhD in Humanistic, Transpersonal and Existential psychology. He has taken a particularly strong interest in trauma and extreme states, having researched and supported those recovering from trauma, psychosis, chronic pain, substance dependency and other extreme states. He published the widely acclaimed book, *Rethinking Madness*, in 2012. You can learn more about him and his work at: TaurangaPsychologist.co.nz