



gestaltcentrewales

Trauma Resolution Workshops:

With **Judy Hemmons**

Recognising and working with Developmental Trauma

Saturday 16th May & Sunday 17th May

&

Recognising and working with Events Based Trauma

Saturday 11th July & Sunday 12th July

These two workshops can be taken as 'stand alone' workshops or together to give participants practical skills and deepened awareness to support work with traumatised people.

They also work as an introduction to the **Trauma Training Course**, running at the Gestalt Centre Wales over 7 weekends:

Sat 10th & Sun 11th Oct '15

Sat 21st & Sun 22nd Nov '15

Sat 9th & Sun 10th Jan '16

Sat 20st & Sun 21nd Feb '16

Sat 9th & Sun 10th April '16

Sat 21st & Sun 22nd May '16

Sat 18th & Sun 19th June '16

Judy Hemmons MA Dip Int Psych Dip Supervision Cert CST

UKCP RCST CSTA Accred Supervisor

Judy is an experienced therapist and supervisor, she also lectures in counselling and has run workshops for counsellors and complementary therapists.

Through her clinical and teaching experience she has come to realise the significance of trauma and how it can impact and impede the process of engagement and therapeutic relationship; also how working with trauma with knowledge and compassion can bring about great therapeutic change.

Daniel Stern (2011) suggests integration of the body, mind and spirit eases the rigidity and or chaos found within a traumatised system.

Both in these experiential workshops and the longer trauma training; you will learn how to develop your interoceptive perception to best recognise when trauma arises, and a variety of skills to support someone through to possible resolution of trauma and a more fully functioning way of engaging with the world.

DATES 16 - 17 May & 11 - 12 July 2015

VENUE Gestalt Centre Wales, 10 Hocker Hill Street, Chepstow, NP16 5ER

TIMINGS Arrive from 09.30 for a 10.00 prompt start, finishing at 4.00pm

COST £145.00 per weekend or, if booked together, £250.00

BOOKING Please contact Judy at judyhemmons@gmail.com, please pay a deposit of £100 if booking both weekends.

CANCELLATIONS If you cancel more than 14 days before the course you will receive a 50% refund. No cancellations or transfers otherwise.

Booking No. GCW - 15005

Refreshments (including alternative teas) available, please bring a lunch to share