

# INTRODUCTION TO PSYCHODRAMA FOR RESOLVING ATTACHMENT TRAUMA: AN EXPERIENTIAL PROFESSIONAL DEVELOPMENT WORKSHOP

December 7-9, 2018

FIRST 25 REGISTRANTS  
WILL RECEIVE LODGING AND  
RT TRANSPORTATION FROM  
PHOENIX SKY HARBOR!

17.5 Continuing Education Credits or NBCC Clock Hours Are Available

## ABOUT THE TRAINING FOR PROFESSIONALS

The organization of the emotional brain is notoriously resistant to modification by reason or understanding. However, we can change people's internal map of predictions and expectations by introducing reparative experiences in three-dimensional space. Precision, attunement, and interaction are key. In this workshop, we will collectively observe and practice ways in which the internal map of the world can be revised by activating the imagination through interactive movement, touch, auditory, and visual input. Attendees will be expected to have done their own personal work and be prepared to actively participate in helping to create new realities for fellow workshop members. This training is limited to 40 participants.

## LEARNING OBJECTIVES

After completing this training, attendees will be able to:

1. Describe how trauma affects the developing mind and brain.
2. Describe and analyze how traumatized people process information.
3. Discuss how adverse childhood experiences affect attachment, brain development, emotion regulation, and cognition.
4. Differentiate between disrupted attachment and traumatic stress.
5. Describe how early attachment trauma leads to fragmentation and development of distinct parts.
6. Demonstrate exercises that guide attention to nonverbal awareness of physical sensations, orientation, attraction, and unconscious choices about relevance and safety.
7. Describe techniques of physical mastery, affect regulation, and memory processing.
8. Demonstrate how to integrate various body-centered approaches drawn from theater, music, yoga, and play to build attunement and restore agency.
9. Discuss the range of adaptations to trauma early in the life cycle.
10. Discuss treatment strategy alternatives through an understanding of the research.
11. Describe how trauma, abuse, and neglect affects the therapeutic relationship.
12. Discuss the role of self-leadership in repair of trauma and attachment.

## CONTINUING EDUCATION INFORMATION

17.5 Continuing Education Credits or NBCC Clock Hours Are Available  
(No partial credit will be given)

- The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists. The Meadows maintains responsibility for this program and its content. Course meets criteria for 17.5 hours of continuing education credit hours for psychologists.
- The Meadows is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider#5687.
- This course has been approved by The Meadows, as a NAADAC Approved Education Provider, for 17.5 CE. NAADAC Provider #62791, The Meadows is responsible for all aspects of their programming. Course addresses Counseling Services from NAADAC Counselor Skill Group.

## ABOUT THE FACILITATOR



Senior Fellow at The Meadows, **Bessel van der Kolk, MD** is one of the world's foremost authorities on post-traumatic

stress disorder and other related disorders. He has researched the psychobiology of trauma, traumatic memory, the effectiveness of EMDR and the effects of trauma on human development. He is a professor of psychiatry at Boston University School of Medicine and past President of the International Society for Traumatic Stress Studies. He has taught at universities and hospitals across the United States and globally. Dr. van der Kolk has written extensively on the impact of trauma on development, borderline personalities, self-mutilation, cognitive development in traumatized children and adults, and the psychobiology of trauma. His books include *Psychological Trauma*, *Traumatic Stress*, and *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. **Licia Sky, LMT** will be joining Bessel for this training.

TO REGISTER, VISIT

[WWW.RIORETREATCENTER.COM](http://WWW.RIORETREATCENTER.COM)

OR CALL 602-740-2565



RioRetreatCenter  
AT THE MEADOWS

## DAILY SCHEDULE

### FRIDAY

- 1:00 – 5:00 p.m.: Session (two 15-minute breaks)  
5:30 – 6:30 p.m.: Dinner  
6:30 – 8:30 p.m.: Session

### SATURDAY

- 7:00 – 8:30 a.m.: Breakfast  
8:30 – 12:00 p.m.: Session (two 15-minute breaks)  
12:00 – 1:00 p.m.: Lunch  
1:30 – 5:30 p.m.: Session (two 15-minute breaks)  
5:30 – 6:30 p.m.: Dinner

### SUNDAY

- 7:00 – 8:30 a.m.: Breakfast  
8:30 – 12:00 p.m.: Session (two 15-minute breaks)  
12:00 – 1:00 p.m.: Lunch  
1:00 – 4:00 p.m.: Session (one 15-minute break)

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### LOCATION

Rio Retreat Center at The Meadows  
1245 Jack Burden Road, Wickenburg, AZ 85390

### COST

Cost is \$2,000 per person, inclusive of two meals a day Friday and Sunday, and three meals on Saturday.

### LODGING AND TRANSPORTATION

Lodging at the Rio Retreat Bunkhouse is included in the training cost for Friday and Saturday nights for the first 25 registrants. Rooms at Rio Retreat Bunkhouse are simply appointed and are shared occupancy (two guests per room); guests will be placed with a roommate who is also attending the training. Transportation will be available for those lodging at Rio Retreat Bunkhouse from and back to the Phoenix Airport, and details will be sent with your confirmation email upon completion of the sign up process. All

other registrants will be responsible for reserving and covering their own lodging and transportation.

### REGISTRATION

To register for this training, go to Professional Development Workshops at [www.RioRetreatCenter.com](http://www.RioRetreatCenter.com) or call 602-740-2565 for more information.

### CANCELLATION POLICY

We rely on an accurate attendance count to make important arrangements for this training. If a cancellation occurs more than 14 days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations 14 days or less prior to the beginning date of the training are non-refundable. If you have to cancel, please call 602.740.2565 as soon as possible.

