

Registration Form / Tax Invoice

Please register me for the Babette Rothschild training workshop 31Oct./1st Nov. 2008.

Early Bird Registration & Students
(by 15 September 2008) £170.00

Regular Registration
(after 15 September 2008) £190.00

The price includes refreshments and lunch.

Having received your registration, we will e-mail 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

.....

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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**

FURTHER TRAINING COURSES

The following series will be the last intensive 12-day course Babette will be running at Chiron. Please book early to secure a place

SOMATIC TRAUMA THERAPY WITH POST-TRAUMATIC STRESS

Workshop 1:
Thursday 28 May - Sunday 31 May 2009

Workshop 2:
Thursday 29 Oct.- Sunday 1 Nov. 2009

Workshop 3:
Thursday 27 May - Sunday 30 May 2010

The three workshops are presented as a series, and participants must commit to attend all three workshops.

OTHER ADVANCED TRAINING EVENTS

Chiron's 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.

OTHER EVENTS AT *CHIRON*

Chiron also offers an Open Programme for the general public, comprising experiential weekend workshops, ongoing psychotherapy groups and a variety of other events.

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

For more information please contact the office:
020 8997 5219 or send an e-mail: chiron@chiron.org

You are welcome to visit our website: www.chiron.org

The *CHIRON* Centre for Body Psychotherapy



presents a

two - day training with Babette Rothschild



Making Trauma Therapy Safer:

The Psychophysiology of Trauma & PTSD

**Friday 31st October &
Saturday 1st November 2008**

9.30 am to 5.30 pm

**Venue: St Peter's Church Hall,
Mount Park Road, Ealing, London W5**

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 defense (fight/flight) and/or numbing (freeze).

Those with PTSD become overly attentive to interoceptive reminders of the past danger, while losing their connection to exteroceptive cues (the 'five senses') that appraise the present environment. Known risks with traumatised clients - dissociation, flashbacks, abreaction and retraumatization - 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 & complementary practitioners
- students of counselling and psychotherapy
- and those working in caring professions

Workshop Format

Participants will learn through lecture, written materials, experiential exercises and video tapes of clinical sessions.

PROGRAMME

DAY ONE

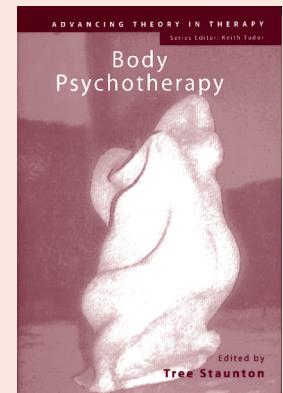
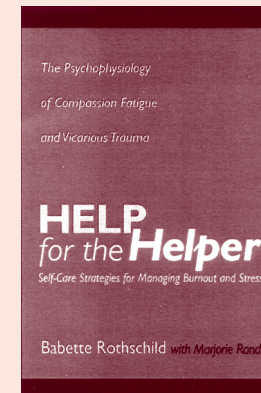
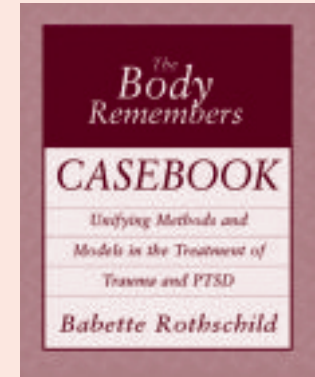
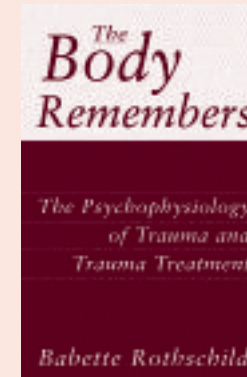
- 9.00 Registration
9.30 - 11.00 Introduction
Introductory Video
Glossary of Terms: Stress, Trauma, PTSD
- 11.00 - 11.15 Morning Coffee/Tea
- 11.15 - 1.00 Risks of Trauma Therapy
Putting on the Brakes
Body Awareness: a Tool in Trauma Therapy
- 1.00 - 2.00 Lunch
- 2.00 - 3.45 Video: Neurobiology of Emotion & 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 - 2.00 Lunch
- 2.00 - 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 ROTHSCHILD, M.S.W., L.C.S.W. is the author of three books. She also contributed a chapter to "Body Psychotherapy" (ed. Tree Staunton). All four books can be purchased from *Chiron* at a 20% discount and will be on sale at the training day.



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.