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# ***Mindful Somatic Approaches to Working with Acute and Developmental Trauma***

(...coming to Christchurch & Wellington in Feb/March)

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## **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'll explore the basic theory and practice of several of these methods, including Hakomi, Sensorimotor Psychotherapy, Somatic Experiencing and EMDR. And you'll be supervised in developing a number of therapeutic tools that you will be able to begin using right away with your clients.

**Cost:** \$395 (we consider fee reductions in special situations; contact us to discuss)

**\*only \$350 if paid more than one month prior to the workshop**

\*Includes morning and afternoon tea/snacks and a wholesome lunch on both days.

**To register (or for more information), contact Paris at:** [pariswilliamsphd@gmail.com](mailto:pariswilliamsphd@gmail.com)

### **Christchurch – 22<sup>nd</sup>/23<sup>rd</sup> February**

**Venue:**

South Brighton Community Centre  
74 Beatty St, South New Brighton, Christchurch

**Date and time:**

Friday, 22<sup>nd</sup> Feb—Saturday, 23<sup>rd</sup> Feb (2019)  
9:30am—5:00pm both days

### **Wellington – 1<sup>st</sup>/2<sup>nd</sup> March**

**Venue:**

The Life Centre  
21 Hania St, Mount Victoria, Wellington

**Date and time:**

Friday, 1<sup>st</sup> March—Saturday, 2<sup>nd</sup> March (2019)  
9:30am—5:00pm both days



Paris is a Registered Clinical Psychologist from the U.S. working in private practice in Tauranga 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. Learn more about Paris and his work at: [TaurangaPsychologist.co.nz](http://TaurangaPsychologist.co.nz)

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# Mindful and Nonviolent Communication (NVC): An Introduction

(...*FREE evening workshops* immediately preceding the trauma workshops listed above)

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**Toni McErlane, BSc, NVC Teacher and Registered FDR facilitator**

**Dr Paris Williams, Registered Clinical Psychologist**

For those of us working in the helping/healing professions, Nonviolent Communication, especially when integrated with the use of mindfulness, offers a particularly powerful yet simple method for quickly establishing a safe and strong therapeutic alliance.

This is an essential prerequisite for working with anyone therapeutically, and particularly so when working with more vulnerable clients who have experienced trauma and other overwhelming stressors. ***This is why we are offering this workshop as an optional but very helpful prelude to the 2-day trauma intensive workshops listed above. It is also available to anyone who feels they may benefit from this method, either in their personal or professional lives.***

**Cost:** Koha/Donations welcome (\$20 suggested)

**To register (or for more information), contact Paris at:** pariswilliamsphd@gmail.com

## **Christchurch – 21st February**

**Venue:**

[to be determined...]

**Date and time:**

Thursday, 21<sup>st</sup> February: 6:30pm—9:00pm

## **Wellington – 28<sup>th</sup> February**

**Venue:**

The Life Centre  
21 Hania St, Mount Victoria, Wellington

**Date and time:**

Thursday, 28<sup>th</sup> February: 6:30pm—9:00pm



Toni has been facilitating Nonviolent Communication (NVC) and mindfulness workshops for over 10 years. Originally from NZ, Toni trained in NVC and Counselling in California and taught NVC at the Women's Prison in Santa Rosa, CA. She has a private practice in Tauranga where she supports couples and families to reconcile and restore connecting relationships. Toni is also a registered Family Dispute Resolution facilitator with AMINZ.

*(See above for Dr Paris Williams' bio)*