
Mindful Somatic Approaches to Working with Acute and Developmental Trauma

A Comprehensive Training in Christchurch—March/May 2020

A Comprehensive Experiential Training for Psychotherapists, Psychologists, Counsellors, and Psychology Students

Dr Paris Williams, Registered Clinical Psychologist

There has been a steady movement within the field of trauma therapy over the past few decades towards the increasing recognition that (a) Psychological trauma (i.e., PTSD, acute trauma and developmental trauma) is primarily held within the body and nervous system, (b) Working directly with the body (via sensations, impulses, breath, posture, etc.) is therefore key to resolving entrenched trauma conditions, and (c) That a particular attitude of open curiosity to one's present experience—i.e., mindfulness—is an extremely helpful component to recovering from these conditions.

In this highly experiential and comprehensive training, we'll spend 10 full days developing a highly integrative mindful/somatic approach to trauma therapy, incorporating the basic theory and practices of a number of these mindful/somatic methods, drawing particularly from Hakomi Mindful Somatic Psychotherapy, Sensorimotor Psychotherapy, Somatic Experiencing, Acceptance and Commitment Therapy (ACT), Nonviolent Communication (NVC), and Internal Family Systems.

Investment: \$2,150 (incl GST)

***Early bird rate of only \$1,950 (incl GST) if paid by 15th January, 2019**

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

Venue: The Quaker Centre, 217 Ferry Road, Christchurch

Course Structure: 2 x 5-day Modules (Mon-Fri; 9:30am-4:30pm all days)
30 March-3 April, 2020; 4-8 May, 2020



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