

PROMOTING RESILIENCE AND POSTTRAUMATIC GROWTH

Sylvia Israel LMFT, RDT/BCT, TEP

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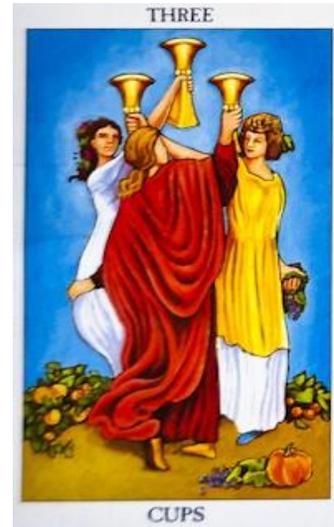
Sunday, October 18, 2020

9:30 a.m.- 1:45 p.m. PST; 12:30 - 4:45 p.m., EDT

Online via Zoom

*“The world breaks everyone, and afterward,
many are strong at the broken places.”*

- Ernest Hemingway, *A Farewell to Arms*.



Overview: Posttraumatic Growth (PTG), a term coined by psychologists Tedeschi and Calhoun (2013), refers to positive psychological growth that occurs in the aftermath of adversity. Although only recently introduced into the psychological literature, the concept is not new, as evidenced by the Hemingway quote.

PTG is described in ancient wisdom traditions, diverse religions, literature and drama as a way human beings cope, make meaning of, and experience benefit from adversity. Now affective neuroscience, cognitive psychotherapy and positive psychology have given us new concepts and language to explain and promote resilience and PTG for ourselves and our clients.

Using action methods, we practice ways to soothe the activated nervous system. We also explore strategies that harness the brain's capacity to rewire neural circuits by focusing on new, corrective experiences. We explore this uplifting theme through presentations and discussions, small group activities, and interventions from sensorimotor psychotherapy, Playback Theater, mindful movement and psychodrama.

To register: Send an email to cathynugent@verizon.net or sylvia@imaginecenter.net for a Registration Form & payment instructions. Space is limited, so please register as soon

Educational Goal:

Participants will learn the domains of posttraumatic growth (PTG) and ways to promote (PGT) when working with clients.

Learning Objectives: After the workshop participants will be better able to:

- Define the terms, *resilience* and *posttraumatic growth* (PTG).
- Describe three of the five domains of PTG.
- Explain the importance of *schema reconstruction* following trauma.

- Explain the difference between a *contamination/victim narrative* versus a *redemption/transformation narrative*.
- Describe at least 2 clinical interventions to enhance resilience and promote PTG.

Date/Time: Sunday, August 30 – 9:30 a.m.-1:45 p.m., PST; 12:30-4:45 p.m., EDT (with a 15-minute break)

Continuing Education: 4.0 hours Category I, Maryland Board of Social Work Examiners; National Board for Certified Counselors (NBCC – ACEP #6788); California Board of Behavioral Health Sciences (#019617); California Association of Marriage and Family Therapists American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy. (See below for full CE information.)

Investment: \$90

Note: Some partial scholarships available. Please inquire.

Refund policy: Fees fully refundable until 2 weeks prior; 50% refundable after; no refunds day of workshop.

Workshop Leaders:



Sylvia Israel, is a licensed Marriage and Family Therapist, Registered Drama Therapist/Trainer and Board-certified psychodrama trainer. Sylvia teaches at CA Institute of Integral Studies and Kansas State University. Sylvia is Director/Trainer of Bay Area Moreno Institute and founder of Bay Area Playback Theatre. She is also a trainer in the Therapeutic Spiral Model (TSM), an adaptation of classical psychodrama designed to meet the needs for safety and containment among those with trauma backgrounds. Sylvia is a Director and Officer with the America Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy. Sylvia enjoys supporting clients in awakening to their spontaneity and creativity and living more fully in the present moment. Her work blends verbal and somatic therapy with drama, sandtray and other expressive arts. Sylvia maintains a private practice in San Rafael and San Francisco, CA, working with individuals couples, families and groups.

Catherine D. Nugent, Executive Director & Principal Trainer with Laurel Psychodrama Training Institute, is a licensed clinical professional counselor and Board-certified psychodrama trainer. As a psychotherapist and psychodramatist, Cathy helps individuals, couples and groups heal from trauma and attachment injuries, unresolved grief, crises of meaning and life transitions. From 2013-2019, Cathy taught in the clinical mental health counseling program at Johns Hopkins University. Cathy’s approach skillfully integrates holistic and experiential methods, including psychodrama, sensorimotor psychotherapy and hatha yoga/mindfulness practices. Cathy currently



serves as President, American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy. She is the humble and grateful recipient of the American Society of Group Psychotherapy & Psychodrama's 2019 *J.L. Moreno Award for Lifetime Achievement in Psychodrama*.

Continuing Education Information:

Maryland Social Work & NBCC Counselor Certification

Dramatic Transformations/Laurel Psychodrama Training Institute has been approved by NBCC as an Approved Continuing Education Provider with the National Board for Certified Counselors (AEP # 6788) and certifies that this program meets the criteria for up to **4.0** hours of continuing education for counselors. Programs that do not qualify are clearly identified. Dramatic Transformations/Laurel Psychodrama Training Institute is solely responsible for all aspects of the programs.

Catherine D. Nugent/Dramatic Transformations is an Approved Provider of is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for up to **4.0** Category I continuing education for social workers in Maryland.

Psychodrama Certification

Catherine D. Nugent, LCPC, TEP, and Sylvia Israel, LMFT, RDT/BCT are Board-certified psychodramatists and psychodrama trainers. Up to **4.0** hours may be credited toward the Certified Practitioner in Psychodrama, Sociometry and Group Psychotherapy certification, C.P. credential, as approved by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.

California LMFT, LCSW, LPCC, LEP Certification

Course meets the qualifications for **4.0** continuing education hours for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Sylvia Israel, Provider #019617, is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, and/or LEP. Sylvia Israel maintains responsibility for this program/course and its content. Certificates will be distributed upon completely.

California Psychologists and Registered Nurses

Contact Sylvia by 9/15/20, sylvia@imaginecenter.net, for more information.