

Becoming Safely Embodied
A Mindfulness-Skill Based Approach to Working With
Trauma and Attachment
March 1-2, 2013
Presented by Deirdre Fay, MSW

Sponsored by Island Institute for Trauma Recovery, LLC

It's so simple to say, "Be in your body."

Yet, being in a body that's been through any kind of trauma is not a simple proposition at all.

Years ago, after living and teaching at Kripalu Center for Yoga and Health, I remembered teaching simple yoga *asanas* to people who had trauma symptoms. I realized it wasn't so simple. I started to find component pieces that gave people baby steps to help them enter their bodies, safely.

The Becoming Safely Embodied Skills are just that: simple, concrete, practical skills people can practice on their own between therapy sessions to help them free themselves from physiological distress.

Using mindfulness and concentration as the foundation, the BSE approach is dedicated to helping clients with a traumatic or disorganized experience of life gain control over their internal world by giving structured practices they can use between therapy sessions.

As a therapist you'll learn skills such as:

- skillfully adapt concentration and mindfulness practices
- separate facts from feelings / interpretations
- using different modalities to work in the body (art therapy, movement, etc) to support your client in getting in touch with cultivating satisfying experiences
- cultivating mindfulness in the face of feeling triggered
- manage overwhelming feelings by learning how to stand at the crossroads of experience and choose which way you want to go
- creating choice points which support emotional freedom
- learn to clear the traumatic schemas and find new invigorating stories of life

Based on the current theories of trauma, attachment, mindfulness/compassion practices, this workshop is put together in an easy to understand way using uncomplicated language. The workshop will be experiential which allows you to learn how to use these practical, concrete skills with your clients the Monday after the workshop.

Deirdre Fay, MSW, has a private practice in Arlington, MA, and is traditionally trained in theoretical approaches at Bessel van der Kolk's Trauma Center where she was both a clinician and a supervisor. A frequent speaker and workshop leader Deirdre has integrated her thirty plus years of meditation with traditional approaches. The Becoming Safely Embodied Skills are now used individually and with groups throughout the world.

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In cooperation with The Island Institute for Trauma Recovery

LOCATION:

The Vywamus Foundation, 6 Amethyst Way, Falmouth, ME 04105 <http://www.vywamusfoundation.com/>

DATES: *March 1-2, 2013*

TIME: *9:00 – 5:00 daily*

PROGRAM FEES

Early registration by February 15, 2013: \$250.00

Registration after February 15, 2013: \$300.00

Please make checks payable and send to:

*Island Institute for Trauma Recovery
110 Main Street, Suite 1200
Saco, ME 04072*

CEU's applied for Social Workers and Licensed Clinical Counselors

Program is limited to 35 participants.

Cancellation policy: 70% of price refunded if canceled prior to February 15, 2013. There are no refunds after February 15, 2013.



REGISTRATION FORM

Name:

Address:

Phone:

Email:

For questions please contact Deborah A. Dana LCSW @ deborahadanalcsw@gmail.com