

# Trauma, Anxiety and Depression within the Context of Counselling, Coaching and Facilitation

A 3-day advanced training in Process-Oriented Trauma Work including neurobiologically informed approaches and how to work with altered states

In the context of counselling and coaching as well as in our everyday life, we may unexpectedly encounter people who suffer from traumatic experiences, depression or anxiety. Suddenly, without warning, they go into a so called altered state, which means they seem absent, freeze or have violent or hostile reactions. Instead of attempting to calm or comfort them and talk the experience away in such moments, an atmosphere of understanding and openness is needed. That way people feel cared for and taken seriously.

In our professional life, outside of psychotherapy, these topics are often taboo. This training will give you an insight into the deeper background of trauma and its impact on our lives. You will learn helpful techniques and methods to recognize symptoms and support people effectively. We will also include some neurobiologically informed ways for approaching trauma.

Exploring your personal experience and reactions around trauma, anxiety and depression will be an important part of the training.

## What will you learn?

- What are the experiences of trauma, anxiety and depression?
- How can we perceive flashbacks, triggers and altered states of consciousness in people support them within these experiences?
- How can we adequately deal with the experience of people in emergency situations without being a psychotherapist?
- How do we deal with our own traumatic experiences, fears, etc.?
- Which methods and techniques are helpful?

Learning will be based on practical exercises, demonstrations and short lectures.

## Goals

We will focus on the basics of Process-Oriented Trauma Work and the newest neurobiological approaches as well as Processwork's tools for working with altered states. We will learn to recognize emergency situations in ourselves and others using different methods, so we can widen our understanding and helpfulness in the context of counseling, coaching and medical services.

## Who is it for?

This is an important training for anyone who works with people in different contexts and is interested in expanding their knowledge and skills around Trauma and altered states.

The advanced training does not replace a training in trauma therapy or psychotherapy. It is primarily tailored for counselors, spiritual care givers, consultants, coaches, professionals in the health care system, teachers. Anyone who wants to approach this topic or has already been confronted with it and needs more tools and understanding is welcome!

**Students of Processwork** in any IAPOP accredited school are welcomed and can apply for a reduced fee.

## WHEN?

11.-13.06.2020 (24 UE)  
Thursday and Friday 10:00-18:00  
Saturday 10:00-16:00 Uhr

## WHERE?

Wuppertal, Germany  
Friedrich-Ebert-Str. 55

## TEACHERS

Kirsten Wassermann, psychologist  
and Michal Wertheimer, C.P.W  
Teachers of Processwork

## COSTS?

Early bird 450 € until 17.4.2020  
afterwards 495 €  
For further infos and a reduced  
fee, please contact us:  
info@institut-prozessarbeit.de

## REGISTRATION?

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