



# Trauma Reduction Training

## Based on Pia Mellowdy's Post Induction Therapy

### 4 - Day Programme

- First round: Saturday 20 – Tuesday 23 April, 2019
  - Second round: Thursday 25 – Sunday 28 April, 2019
- Each round is limited to no more than 8 people.

The first time  
ever in  
Asia!

**Time:** 09.00 am – 17.00 pm

**Venue Name:** The Dawn Medical Rehab and Wellness Centre

**Course Fee (USD):** \$1,500 inclusive of 4-day intensive training, training materials, onsite accommodation, and meals.  
\$1,200 without accommodation.

Trauma Reduction Therapy (TRT) is designed to introduce a disease concept of developmental immaturity to counsellors and therapists who work with trauma issues. The premise of TRT is that Adverse Childhood Experiences (ACEs), including child abuse and neglect, is the origin of developmental immaturity. This intensive course, developed solely for the formal training of therapists, focuses on Pia Mellody's pioneering work in developing therapeutic techniques for identifying and treating the underlying trauma of most addictive and dysfunctional processes.

### Learning Objectives Participants will be able to:

- Discuss the important role that family-of-origin issues play in attachment and development.
- Discuss the issue of codependency in terms of having an unhealthy relationship with self and others due to developmental arrest from childhood relational trauma resulting in developmental immaturity.
- Describe the five core issues and the five secondary symptoms of developmental immaturity.
- Describe the TRT model and the four phases of treatment.
- Apply techniques to assist clients in describing and writing about their issues of childhood relational trauma and abuse and struggle around the five core symptoms.
- Demonstrate debriefing, a primary psychosocial tool, in the Post Induction Therapy model.
- Explain the concepts of the Wounded Child, the Adapted Wounded Child, the Adapted Adult Wounded Child, and the Functional Adult and how these are seen in the client.
- Explain the concepts of Integration Work.
- Explain the concepts of Carried Emotions and negative introjects.
- Discuss Inner Child and Feeling Reduction experiential trauma work with clients.
- Explain the concepts of Love Addiction and Love Avoidance.
- Assess one's own limitations as a therapist and assess when it is appropriate to continue or discontinue a particular course of experiential trauma work with a client.

### Facilitator: Sarah Bridge, LCSW

Sarah has over 30 years of experience working in the mental health field with trauma survivors. She has worked in both outpatient and inpatient hospital settings as well as community mental health clinics. In addition to her private practice,

she has lectured and co-facilitated over 100 PIT trainings with Pia Mellody for mental health professionals sponsored by The Meadows. She also trains other professionals, and conducts multi-day therapeutic intensives.

### Registration

To book your seat or for more information please email [aom.potang@thedawnrehab.com](mailto:aom.potang@thedawnrehab.com)  
**\$500 is required upon registration.**



CONTACT US:



+66 99 241 8886



facebook.com/TheDawnRehab



www.thedawnrehab.com