



THE THERAPEUTIC SPIRAL MODEL TO PROMOTE POST-TRAUMATIC GROWTH ACROSS CULTURES

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Advances in the neurobiology of trauma, attachment, and positive psychology all show the need for clinicians to work from a trauma-informed model of care. A good trauma therapy and community work begin with installing strengths and teaching containment to help stabilize individuals, families, and communities. Followed by the working through of trauma into a coherent narrative. In turn, this new narrative guides life following trauma and either brings post-traumatic growth or results in a lifetime of PTSD.

The Therapeutic Spiral Model (TSM) (Hudgins, 2017) is a research supported protocol for the treatment of PTSD using an integrated theory and practice of experiential psychotherapy in the global community. Most importantly, TSM is a guide to what can happen after traumatic experiences to promote a more resilient self and family in today's turbulent world.

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This two day hands-on experiential TSM Training workshop provides a very clear clinical map (The trauma survivor's internal role map) that can be understood by both therapist and client because it teaches ways to create the new positive roles needed for containment and developmental repair.

In today's term, we are seeking to teach the 5 types of post-traumatic growth and give participants an easy behavioral role map and new hands-on clinical tools to implement immediately following the workshop. Material is taught via a PowerPoint presentation that guides two days of demonstration and live supervised practice for hands-on learning and integrated experiential training and live supervision. Learn the Containing Double, which has been shown to significantly decrease dissociation, depression, and symptoms of PTSD in 3 individual therapy sessions (Hudgins, Drucker & Metcalf, 2000); over a weekend intensive group therapy (Perry, Saby, Wenos et al, 2015); and in community settings (Hudgins, Cubertson & Hug, 2009).

Many psychologists and trauma workers today find themselves facing deeply traumatized people, including refugees and immigrants that need quick and effective action tools to help them face a myriad of current difficulties, while also having to grieve the loss of their identities, families, and safety. Feelings of isolation and hopelessness often overwhelm clients and their families, as well as the

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trauma workers seeking to help reach across cultures and differences in the midst of structural violence.

While this is the first time TSM will be taught in Scandinavia, TSM has been successfully taught in over 40 countries over that past 35 years, and translates across race, gender, language, socio-economic classes, ages, and cultures (Hudgins & Toscani, 2013). Join us in sharing a wealth of information on trauma-informed care for all to use!

Kate Hudgins, Ph.D., TEP is an American clinical psychologist and Board-certified Trainer, Educator and Practitioner in Psychodrama, Sociometry and Group Psychotherapy. She is the developer of the Therapeutic Spiral Model and a published author and researcher. She directs the TSI International Certification in Trauma Therapy and has taught in 40 different countries personally, thus bringing a wealth of intercultural knowledge and tools to her international training. Dr. Kate has worked directly with refugees, immigrants and the trauma workers trying to assist them in Australia, Canada, Palestine, Turkey, the UK and America since 1995.

Dr. Kate will be assisted by Nike Brandt Poulsen and a group of cross-cultural psychologists, social workers or counselors to be determined at a later date.

Thanks, Kate

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