



## Healing Trauma Workshop

**Perth, Western Australia  
Saturday March 31 2012**

**Richard Boyd – Body Mind Psychotherapist  
Director of IBMP and Energetics Institute**  
MBA, PGrad, BA IP, Dip Commerce  
Adv. Dip. & Dip. Core Energetics Psychotherapy  
Cert. Sensorimotor Trauma Resolution Therapy  
Cert. Transpersonal Counselling  
Cert. Executive Coaching AICM  
Extended DISC Personality Profile Tool Accreditation

Trauma has been a little understood condition until very recently. This debilitating condition has a devastating effect on the affected person's subsequent physical, mental, emotional and spiritual health, and cripples their ability to socialize, work and function in the world.

It is now being increasingly understood how sensitive babies and children are to hurts, overwhelm, abuse and neglect and how such trauma sets them up for a compromised life as an adult. Traumatized adults often use coping techniques such as drugs, alcohol and stimulation to cope but they create new issues as a result.

This workshop explains the most recent trauma model and how it fully reveals why trauma creates the chaos and suffering that dogs survivors. You will learn the differences between event and episodic trauma, developmental trauma, and how some disorders and illnesses have trauma as their primary causes.

Learn how you may manage both hyper-arousal and hypo-arousal states, plus the techniques and process by which one can maintain one's own trauma triggers and the arousal process. This non-drug process will assist attendees with managing their symptoms as well as down regulating the activated trauma symptoms before full blown trauma occurs again.

Learn how as adults you may now be retraumatizing yourself in your habits, relationships and lifestyle.

This workshop is suitable for sufferers and their loved one and carers.

The facilitator Richard Boyd is an experienced somatic psychotherapist who practices Integrative Body Mind Psychotherapy™ in Perth, Western Australia.

Dome Cafe Maylands is the old Peninsular Hotel, and is the large 2 storey red brick Federation building opposite the train station in Maylands, Perth.



### Booking Information

- When:** Saturday March 31 2012  
9am to 5pm (Arrive at 8.45am sharp)
- Where:** The Ballroom  
Dome Café Maylands  
219-221 Railway Pde.  
(corner of Eight Ave. and Railway Pde.)  
Maylands  
Perth, Western Australia
- Wear:** Loose comfortable clothing
- Cost:** \$250 or \$200 Early Bird by March 24
- Includes:** Handouts and Refreshments
- Tel:** 08 93702341 040 7577793
- Email:** [info@energeticsinstitute.com.au](mailto:info@energeticsinstitute.com.au)
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