Deactivating the Buttons:
Integrating a Trauma Lens with a Counselling Framework
A two-day workshop with Laurie MacKinnon PhD

About the Workshop

This workshop outlines and critiques common therapeutic approaches to working with trauma and demonstrates how Radical Exposure Tapping (RET) can be used to quickly and effectively resolve memories of disturbing events that fuel PTSD, anxiety, fears, emotional reactivity and patterns of escalating conflict. Participants receive hands-on clinical training for integrating Radical Exposure Tapping into a counselling framework.

RET is a form of exposure therapy that draws from the methodology of Eye Movement Desensitization and Reprocessing (EMDR) and combines it with the tapping sequence of the Emotional Freedom Technique (EFT) to produce an intervention that is more flexible than EMDR, provides greater theoretical and methodological rigor than using the EFT technique alone and can be effective in a single session. Click here to find out more.

For: Counsellors, psychologists, social workers and mental health professionals.
When: Monday, 6 and Tuesday, 7 February 2017
9.30am - 5.00pm
Where: Relationships Australia SA
49a Orsmond Street, Hindmarsh SA
Cost: Early Bird: Register by Friday 13 January: $499 GST inc.
Regular: $659.00 GST inc.
Click here to Register

Lunch, morning and afternoon tea will be provided.

About Laurie MacKinnon PhD

For over 30 years, Laurie MacKinnon PhD has provided counselling for individuals, couples and families, supervision and training of therapists and mental health professionals and consultation to many of Sydney’s counselling organizations. She has published widely within the field of couple and family therapy and is the author of Trust and Betrayal in the Treatment of Child Abuse. In 2012, she was awarded the American Family Therapy Academy's award for Distinguished Contribution to Family Therapy Theory and Practice as well as the Australian and New Zealand Journal of Family Therapy’s Special Award for Distinguished Contributions to Family Therapy. www.insiteconsulting.com.au

James, K & MacKinnon, L. (2012), Integrating a Trauma Lens into a Family Therapy Framework: Ten Principles for Family Therapists, Australian and New Zealand Journal of Family Therapy, 33, 3, 189-209.

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