

FREE VIRTUAL EVENT

# Using Polyvagal Theory, IFS, ACT, DBT & more to treat trauma, anxiety & depression

22–23 November 2022 • 08:25 to 16:45 AEDT

\$1,199.35 Value

**REGISTER TODAY — COMPLETELY FREE!**

Can't attend live? Register anyway for 14-day free access to the training!

\*Up to 15 CPD hours are available for an additional cost. Register for more information.

## Are you missing this crucial element to healing in your practice?

If you've been struggling to get lasting results with your clients...

It could be because you're overlooking this common—yet essential—element of the healing process: *Emotional literacy*. The ability to recognise, sit with, and work through a wide range of emotions is NOT something that comes naturally to most people.

In fact, many of us have been taught from birth that expressing emotion makes others uncomfortable... That we must downplay or ignore our feelings. And after a client experiences trauma they may take this to the extreme by dissociating.

Your clients *need your help* to break down the wall between their thoughts and their emotions. To truly heal, you need to be able to guide them into the depths of their feelings without being overwhelmed by them...And stay with them throughout their transformation from darkness back to a thriving life.

When you have the confidence to do this, you can **speed the healing process** and help your clients finally **establish lasting change**.

That's why we're inviting you to join some of the biggest names in therapy today, including Deb Dana, Ari Badaines, Kevin Keith, Renata Porzig-Drummond, Leona Dawson and many more...

For our all-new, **FREE and LIVE 2-day training** on using emotions in session. You'll end this training with:

- A broader clinical perspective on emotion
- Specific skills to work with the unpredictability of emotions
- A broad skillset for when strong emotions arise in therapy
- The crucial missing element of healing
- And much more!

Let us show you how to help your clients from even the most complex issues such as **PTSD, attachment trauma, anxiety, depression** and more with the proven tools, strategies, and interventions featured in this free online summit.

Don't let this opportunity pass you by. It may not come again, and **capacity is limited!**

This free training is designed for psychologists, counsellors, social workers, addiction counsellors, marriage and family therapists, and other mental health professionals. When you register you get access to:

- Two days of live expert-led training
- The complete set of course materials
- On-demand access to the recording for 14 days
- Live Q&A with the experts
- One FREE bonus training, just for registering
- And so much more!

**Register today to get this FREE bonus training  
(\$119.95 value—includes 2 CPD hours!)**

### **Embracing the Plurality of Emotions and Affective Experience: A 2022 primer for mental health psychotherapy workers**

Kevin Keith PhD BBA (Hons) (University of North Texas 1973); MA and STL (University of Louvain, Belgium, 1986 & 88); MPhil (Oxford University, 1991); Graduate Diploma in Psychotherapy (Jansen Newman Institute, 2005); PhD (University of Sydney, Faculty of Science, 2017)

Emotions are one of the most common experiences in human life. But behind this obvious reflection lies a rich, fascinating but deeply paradoxical landscape of empirical research.

Indeed, emotions may qualify as one of the Chalmers's so-called *hard problems* in cognitive science, alongside mind-body relationship and consciousness. Nonetheless, this highly fluid terrain of emotion research offers mental health workers important depth, breadth and renewed hope when approaching client's affective experiences. In particular, observable relief from emotional distress might be integrated with subjective notions of personal meaning.

Working well with emotions might extend our work to include both relief of suffering and enhancement of personal meaning.

**For information about the speakers & summit schedule**

**CLICK NOW — COMPLETELY FREE!**