



INTO BLUE EXPRESSIVE THERAPIES

THE BODY KNOWS - WORKING WITHIN THE WINDOW OF TOLERANCE

SATURDAY 17TH MARCH PHILLIP ISLAND VIC



The Window of Tolerance is a term coined by Dr. Dan Siegel (2011) to describe the optimal conditions for effective living and for working with trauma. In this one-day workshop, participants will gain an understanding of the window of tolerance and implications for working with traumatized clients.

TOPICS

- Understanding the window of tolerance, hypo arousal and hyper arousal.
- Invitational Relating: client centered, empowering, safe.
- The body knows: The client's body wisdom as a guide to support safe expression, processing and integration.

For psychotherapists, psychologists, social workers, counsellors, youth workers, health professionals.

Jo Ablett is an experienced psychotherapist (PACFA, ACA), educator (senior trainer ETIA, VIT) and clinical supervisor (PACFA, ACA, AAOS, ACSA).

The foundation of Jo's work is expressive therapies, which places significant emphasis on somatic and emotional processes as well as transpersonal psychotherapy.

Her qualifications include M.Couns; B. Ed; Dip. Ed; Dip. & Adv.Dip in ET; Cert in ET; Cert in Sandplay Therapy; Grad. Dip. Couns. Supvn; Cert IV Couns. Supvn.



INTO BLUE STUDIO 51 HARRIS RD
VENTNOR PHILLIP ISLAND

Time: 9am – 4pm. 6 hours PD (12 OPD/CPD)

Fee: \$190 includes a comprehensive booklet and morning tea.

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