



Trauma Sensitive Mindfulness: Skills and understanding to make meditation safe and effective for trauma survivors

Featuring Trauma Specialist David Treleaven, PhD

From elementary schools to psychotherapy offices, mindfulness meditation is an increasingly mainstream practice. At the same time, trauma remains a fact of life: the majority of us will experience a traumatic event in our lifetime, and some will develop posttraumatic stress. While this may appear to be a good thing -- trauma is an extreme form of stress, and mindfulness is a proven stress-reduction tool -- the reality creates a complex challenge.

Emerging research suggests that mindfulness interventions can help or hinder trauma survivors, raising a crucial question for mindfulness educators everywhere: How can you be prepared to minimize the potential dangers of mindfulness for survivors while leveraging its powerful benefits at the same time?

Designed for wellness professionals, this two-day workshop--led by author and trauma specialist, David Treleaven, PhD--will equip you with the tools you need to offer mindfulness in a safe, effective, trauma-sensitive way.

Through lecture, case study, and experiential practice, you will leave the workshop:

- Understanding why meditation can create dysregulation for people who've experienced trauma and specific ways you can prevent this;
- Prepared to recognize symptoms of traumatic stress while offering mindfulness interventions;
- Informed about current empirical research regarding mindfulness and trauma, including evidence-based interventions you can apply immediately to your work;
- Equipped with tools and modifications to help you work skillfully with dysregulated arousal, traumatic flashbacks, and trauma-related dissociation.

Whether you're a beginning or veteran practitioner, anyone engaged in offering contemplative practices will benefit from this workshop, including therapists, coaches, and meditation, classroom, yoga, or religious teachers.

This event will provide 13 CPD points.

SYDNEY

Saturday, May 4 - Sunday
May 5, 2019
\$550

MELBOURNE

Tuesday, May 7 - Wednesday
May 8, 2019
\$550

AUCKLAND

Saturday, May 11 - Sunday
May 12, 2019
\$550



Mindfulness Training Institute

Australia - New Zealand

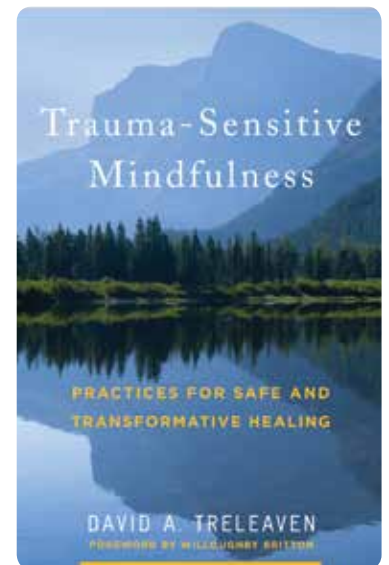


David Treleaven, PhD, is a writer, educator, and trauma professional whose work focuses on the intersection of trauma and mindfulness. He is author of the book *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing* (W. W. Norton, 2018), which was acclaimed by Rick Hanson as “a rare combination of solid scholarship, clinically useful methods, and passionate advocacy for those who have suffered from trauma.” He’s offered workshops on trauma-sensitive mindfulness at the University of California, Los Angeles (UCLA), the Center for Mindfulness at the University of Massachusetts Medical School, and the Omega Institute in New York. Trained in counseling psychology at the University of British Columbia, he received his doctorate in psychology from the California Institute of Integral Studies and is currently a visiting scholar at Brown University.

Drawing on a decade of research and clinical experience, David shows that mindfulness meditation practiced without an awareness of trauma can exacerbate symptoms of traumatic stress. Instructed to pay close, sustained attention to their inner world, survivors can experience flashbacks, dissociation, and even retraumatization.

Trauma-Sensitive Mindfulness offers answers to this question. Part I provides an insightful and concise review of the histories of mindfulness and trauma, including the way modern neuroscience is shaping our understanding of both. Through grounded scholarship and wide-ranging case examples, David illustrates the ways mindfulness can help—or hinder—trauma recovery.

Part II distills these insights into five key principles for trauma-sensitive mindfulness. Covering the role of attention, arousal, relationship, dissociation, and social context within trauma-informed practice, David offers 36 specific modifications designed to support survivors’ safety and stability.



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BOOK NOW

www.mtia.org.au/trauma-sensitive-mindfulness

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