

Creative Approaches to Complex Trauma:

Mindfulness, Somatic and Arts Therapies

Overview

Survivors of complex trauma – especially those who are fleeing human rights violations to seek refuge in the United States – can face increasingly unwelcoming environments. Clinical diagnoses such as PTSD may not cover the complexity of clinical presentation. Recent and on-going trends in research promote somatic, mindfulness and creative arts-based therapies that appear to be more effective than traditional behavioral approaches for complex trauma.

Course Description

This day-long workshop introduces basic theory for “alternative” approaches to working with trauma, and teaches several mindfulness, creative, and somatic approaches participants can integrate into their clinical work with survivors. Current research on the polyvagal theory accompanies practical clinical skills that draw from the “alternative” approaches covered.

TRAINER BIO

Amber Gray has worked in refugee mental health and torture treatment for twenty years, in the U.S. and in refugee camps and programs overseas. She is a pioneer in the establishment of somatic psychology and movement based therapies with refugees and survivors of torture. She has worked as a Clinical Advisor for The Center for Victims of Torture; a New Mexico Refugee Mental Health Coordinator; and was Clinical Director at The Rocky Mountain Survivors Center for 5 years. She is a member of the Expert Panel on Torture Treatment through Tulane University’s Traumatology Program.

DATE

February 2, 2018

TIME

9:00 am - 4:00 pm

LOCATION

Albuquerque, NM

Continuing Education

Available for counseling and social work

