

# Professional training at Lake House!

## Treating & Healing Trauma In Action



**Saturday, March 6, 2010**  
9 a.m. to 4 p.m.

Lake House Health & Learning Center,  
932 Lake Ave., Racine

**Cost is \$100, includes program, healthy snacks, materials and CE credits** for licensed professional counselors, addictions counselors and social workers as well as psychodrama hours. \$75 for three or more from same class, group or work place.

Register by sending name, contact information and deposit of \$25 or full amount to Karen Carnabucci, Lake House Health & Learning Center, 932 Lake Ave., Racine, WI 53403. Bring your own lunch or expect to have lunch on your own.

Subscribe to Karen's free e-mail newsletters for professionals; call (262) 633-2645 or [www.lakehousecenter.com](http://www.lakehousecenter.com).

New brain research is clearly showing that talk in general – and talk therapy in particular – has limitations in the healing of trauma. These discoveries not only demonstrate the brain-body-spirit connection with trauma treatment and care but also why talk therapy has such difficulty in resolving trauma triggers. The future points to the growing value of experiential work, including the Therapeutic Spiral Model, a psychodramatic approach developed by Kate Hudgins and its central intervention, the Containing Double.

In this workshop with Karen Carnabucci, MSS, LCSW, TEP, you will learn:

- A strength-based model of exploring and healing trauma.
- How to educate clients about trauma and how it affects the brain.
- Trauma and its relationship to addiction and eating disorders.
- Containment with the use of props, images, art-making and safe role play.
- Integrating action with traditional cognitive-behavioral therapy.