



Affect Regulation Therapy LEVEL ONE

Benefits, applications, theory and research

12 hours online education with Anca Ramsden

Effective tools to help clients manage difficult emotions Using Affect Regulation Therapy

Does any of the following apply to your practice?

- Do your clients struggle with their emotions ?
- Do they get stuck in chronic anxiety, anger, guilt or isolation states?
- Are they not able to move onto problem solving?

*Join us for Level 1 training to discover how and why
Affect Regulation Therapy can relieve stress immediately,
develop resilience and create emotional balance for your clients.*

Here's a snap shot of what you'll learn:

- How A.R.T. offers **rapid** stress relief
- Why clients are more solution focused after stress release
- How A.R.T. benefits clients who cannot talk through issues
- Why stress inhibits sensory perception and how to treat it
- How brain maturation improves **control** of the fight, flight and freeze stress reflexes, and how this benefits the whole personality
- How to reduce hyperarousal after trauma

Okay, so what is Affect Regulation Therapy?

Affect Regulation Therapy (A.R.T.) is an easy, effective and practical tool for psychologists to use when working with clients' emotions. It uses standard psychotherapy methods for working with cognitive, emotional and physiological responses that are triggered during arousal of the fight, flight and freeze stress reflexes.

Affect dysregulation is a common difficulty many clients face. Good affect regulation means having good emotional balance and being able to express emotions appropriately. A.R.T. helps clients manage the full range of stress emotions, including anger, fear, guilt, grief, apathy and feelings of isolation, as well as wellbeing emotions. A.R.T. benefits a number of mental health disorders by assisting clients to identify, express, process, release and balance their emotions. Clients have consistently reported improvements in emotional wellbeing and maturity afterwards.

"A.R.T. gives me the missing link I have been looking for in psychology."

Helen Tsamoulos,
Psychologist, Sydney, Australia

"With A.R.T. you see positive change immediately, the transformation is amazing. For depression and anxiety this is my preferred treatment method."

Parandaman Thechanamurthi,
Psychologist, Singapore.

A.R.T. has **benefits** for adjustment, mood, anxiety, acute stress and personality disorders, ADHD, autism spectrum disorders, learning difficulties, cognitive impairment (e.g. due to stroke, dementia), trauma, chronic stress and burnout. Adults from dysfunctional families, families of war veterans, and families coping with mental health disorders can also benefit.

A.R.T. has clinical, self help and psycho-education **applications**. It can be used in groupwork, individual psychotherapy, and is suited to most age groups: geriatric, adult and paediatric.

How does our training work?

There are three levels of training. **Level 1 gives you the facts** about affect regulation to build a solid knowledge base of the research and theories underpinning A.R.T. The advantages, benefits and applications of this behavioural, developmental and psychodynamic approach are discussed.

In Level 2 you will master the **clinical skills of Brief A.R.T.** which you can put into practice immediately to manage your clients' emotions effectively. You will learn easy, effective methods to reduce stress, evaluate client progress, protocols for efficient communication and safe practice.

When you service clients with complex needs, **Level 3 Long term A.R.T.** training gives you special skills to facilitate continuous personality development.

*"A.R.T. makes you calm and mindful, its' very effective for anxiety.
I love using this method and I love what it does for my practice."*

Jackie Young,
Psychotherapist / Educator, Auckland, New Zealand

Join our Training Programs

Upon completing Level 1, enroll for Level 2 to immediately apply A.R.T. to your practice

Use Level 3 Long term A.R.T. to assist complex clients.

If you enjoy educating others you can also become an A.R.T. trainer.

Contact us to express your interest.

**Register for these events online at:
www.affectregulationtherapy.com**

Meet your Trainer

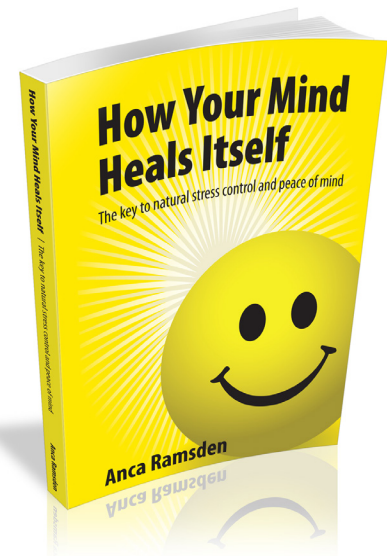
Anca Ramsden (HED, MA Clinical Psychology, University of Pretoria, 1981) Author Of: *How Your Mind Heals Itself*.

Anca Ramsden is a Clinical Psychologist with over 27 years' experience in working with adults and children.

Anca has practiced as a child psychologist since 1981 and has experience in treating the full spectrum of childhood mental health disorders. Her special interest in developmental disorders, ADHD and autism spectrum disorders led her studies in neuro-physiological therapies, applications in adult mental health and the development of Affect Regulation Therapy.

Anca has experience in hospital psychiatric inpatient, outpatient, child and family clinics, and school clinics, and is currently in private practice. She also writes and conducts training programmes for psychologists in Affect Regulation Therapy in Australia, Singapore, South Africa, New Zealand and Malaysia.

The Affect Regulation Therapy method is described in her book 'How your Mind Heals Itself', a guide used by psychologists to communicate with their clients. This client guide is a valuable therapy aid that helps clients understand the benefits of therapy, and builds trust and commitment to change.



Level One Learning Objectives

You Will Learn:

- The definition and rationale of Affect Regulation Therapy, why A.R.T. gives **rapid stress relief**, the benefits for mood, affect regulation, problem solving skills and psychological maturity. Psycho-education and self help applications are also taught.
- The causes and features of dysregulation, versus healthy regulation, stages of stress, goals of A.R.T., how to evaluate and prepare clients for therapy, growth processes triggered by A.R.T., the five stages and signs of stress release, and applications in crisis, brief and long term therapy.
- Impacts of neuro-physiological and psycho-social development on affect regulation, relevance for mental health in adults, benefits of building affect regulation through maturation, and neuro-physiological and psychological impacts of stress and trauma.

"This therapy is straightforward, it is easy to learn and it makes therapy lighter work for both therapist and client. It reduces overwhelm, and gives clients immediate relief from stress. When it comes to stress and anxiety it is my first choice. Since I trained in A.R.T. I have used it constantly, it's been my best return on investment and I actively promote A.R.T. to my colleagues."

Anne Bannatyne,
Clinical Psychologist, Auckland, New Zealand

Our Training Includes:

Certificate of attendance, lecture notes by email, permanent access to audio lectures, information articles, videos of client interviews, case study, quarterly newsletters.

How to Register

**REGISTER AND PAY FOR THIS EVENT ONLINE AT:
www.affectregulationtherapy.com/store**

Or alternatively register by emailing your details to bestmindset@bigpond.com

1. Your name
2. Your qualifications
3. Your email address
4. Your telephone numbers for work, home and/or mobile
5. Your physical/postal address
6. Your intended training course (e.g. Level 1 A.R.T.)

Contact Us

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Mail: P.O.Box 435, Artarmon, 1570, NSW Australia

Terms & Conditions

Confirmation of registration - Registrations are not confirmed until payment is received

Cancellation policy and disclaimer - Refunds less a \$100.00 administration fee are given for cancellations received in writing (email, fax, mail) to Best Mindset two weeks prior training start date. Refunds are not possible after this date, regardless of circumstances.

Transfer of registration to another person - Registrations are transferable in full to another person on notification to Best Mindset. Registration transfer for part of a course is not possible

Register for this event at www.affectregulationtherapy.com/events
Contact: Anca +61 2 9418 3692 or email: bestmindset@bigpond.com