



## **LEVEL TWO:**

# **Effective tools to help clients manage difficult emotions:**

## **Using brief Affect Regulation Therapy**

*A three day training event*

***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?

***Let me show you how to develop their emotional intelligence.***

### ***Why you should be doing this training***

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

- How to offer clients **rapid** stress relief
- Methods to help clients to identify their emotions using extensive Emotion Charts
- How to improve emotional control of the fight, flight, freeze responses
- Facilitate better expression, a broader range of emotions and more appropriate emotional responses
- How to help clients progress to the **problem solving stage** of therapy faster
- How to assist clients who struggle to talk through issues
- And how to achieve better client commitment to therapy and higher retention rates using fast acting and user-friendly therapy

## 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 techniques from developmental, psychodynamic and behavioural psychology to treat stress. A.R.T. can benefit most mental health disorders because it targets emotion regulation.

*"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."*

Paradaman Thechanamurthi,  
Psychologist, Singapore.

Affect dysregulation is a common difficulty many clients face and is an essential skill that can benefit them greatly. 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; assisting clients to identify, express, process, release, balance and tolerate their emotions better. Clients have consistently reported improved emotional wellbeing and maturity after using A.R.T.

## Join our Training Programs

**Level One:** 12 hour video on Benefits, Applications, Research and Theory

**Level Two:** Three days Practical Clinical Training

## Why does our training work?

You will learn practical clinical skills to become more effective in managing clients' emotions on the spot.

1. This is not a 'theory only' training course
2. Methods are quick to learn and easy to use
3. Step by step instructions are provided
4. You learn "why" and "how" this works and how you can immediately apply it to your practice –within 24 hours of leaving the course!
5. Extensive notes, a Client Guide plus ongoing free supervision are supplied

Your skill set will grow and you will feel more fulfilled as a therapist with these powerful techniques added to your tool kit.

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

## Founder

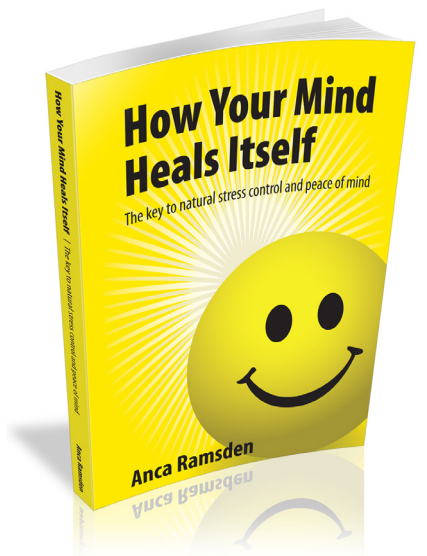
Anca Ramsden is a Clinical Psychologist with over 27 years' experience in working with adults and children in hospital settings (adult psychiatric inpatient and outpatient clinics; child and family clinics; school clinics) and private practice.

She is the founder of Affect Regulation Therapy, a practical method combining developmental, psychodynamic and behavioural psychology principles to manage emotional functioning.

She currently conducts a private practice and trains 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.**

The Client Guide is a valuable therapy aid that helps clients understand the benefits of therapy, and builds trust and commitment to change.



## You Will Learn To:

- Quickly master the A.R.T. techniques using standardised protocols
- Recognise the 5 stages of stress release
- Facilitate the 4 healing steps
- Interpret physical signs of stress release
- Use questionnaires to measure affect regulation and client progress
- Effectively use Emotion Charts and the Client Guide for better communication with your clients
- Be a confident practitioner by linking research with clinical practice
- Be a more effective therapist by adding A.R.T. to your existing therapy methods
- Build your ability to service a broader range of clients: learn the relevance of A.R.T. for various mental health conditions, such as adjustment disorders, mood and anxiety disorders, cognitive impairment disorders (stroke, dementia), personality disorders, acute stress disorder, trauma, stress, as well as recovery from emotional, physical, or sexual abuse, dysfunctional family relationships, alcoholic families, families of war veterans, and families with mental health disorders

## Training Package

Our training ensures your professional competence and confidence in using A.R.T. by including essential information on the neuro-science of stress, in addition to intensive practical training.

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

*Anne Bannatyne, Clinical Psychologist, Auckland, New Zealand.*

**Level One** covers the benefits, applications, research and theory of A.R.T. and is delivered via 12 hours of online video lectures. Complete course notes, articles and videos of client interviews are supplied by email. Level One is a pre-requisite for proceeding to Level Two.

**Level Two** is three days of hand-on training in the practical clinical skills of Brief A.R.T., so you may facilitate effective and safe stress release for clients.

## Your training package includes:

- Certificates of Attendance
- Clinician's manual (step by step 'how to' of an A.R.T. session)
- Client Guide, 'How Your Mind Heals Itself' (educates & raises client commitment)
- Therapy equipment (activates stress release)
- Five colour Emotions Charts (helps clients identify emotions)

### **PLUS FREE support tools for your Ongoing Professional and Practice Development**

- A.R.T. Practitioner Certificate (3 supervised case studies)
- Your practice listed on the A.R.T. website (promotes your practice)
- Unlimited supervision
- Permanent access to online lectures
- Belong to our learning community, attend your local Learning Support Group
- Newsletters

## *How to Register*

**REGISTER AND PAY FOR THIS EVENT ONLINE AT:**

[www.affectregulationtherapy.com/store](http://www.affectregulationtherapy.com/store)

**FIND DATES AND LOCATIONS ONLINE AT:**

[www.affectregulationtherapy.com/events](http://www.affectregulationtherapy.com/events)

**Or alternatively register by emailing your details to [bestmindset@bigpond.com](mailto: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 3 A.R.T.)

**We also accept registration over the phone.**

**Phone:** 61+ 2 9418 3692 or 61+ 414 414 286

***Choose a payment option from the list below***

**Cheque:** Payable to 'Best Mindset' Postal address: P.O.Box 435,  
Artarmon, 1570, NSW  
Australia

**Credit Card by phone:** +61 2 9418 3692

**Internet Banking:** Banking details available upon request.

## *Contact Us*

**Email Us:** [bestmindset@bigpond.com](mailto:bestmindset@bigpond.com)

**Tel & Fax:** 61+ 2 9418 3692

**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

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