



Affect Regulation Therapy

LEVEL THREE: Long Term Therapy

4 modules via skype

Help your clients achieve more mature stress controls.

Add more dynamic tools to your A.R.T. skill set and get excellent therapy outcomes.

When brief therapy is not enough: For some of your clients brief psychotherapy may not be enough. This group of clients have special mental healthcare needs and they may need long term psychotherapy and support.

There can be a multitude of reasons for these needs, ranging from living with chronic mental health conditions to recovering from long term psychological damage or multiple traumas.

Brief A.R.T. gave you powerful tools: Brief A.R.T. gives you powerful tools to help your clients process stress and trauma in twelve to fifteen sessions.

After this period of stress release your client is usually neurologically ready to start constructing new and better stress controls. Now your client needs to complete neuro-psychological milestones to build a more solid personality base.

Your clients will now master emotional maturity skills, such as attachment skills to improve their relationships; more self confidence; emotional independence and a stronger sense of identity.

Learn vital interventions for Long Term A.R.T.

You can facilitate this new growth process optimally for your client if you have the necessary therapy tools. Training in Long Term A.R.T. gives you a holistic range of important therapy interventions to support clients as they develop emotional maturity.

Learn how to use an approach that matures psycho-social and sensori-motor milestones and releases stress. Learn to use metaphor, and belief systems, clear psychological defences and apply sensory interventions.

Deliver these benefits to your clients:

- Comprehensive personality development
- Better affect regulation
- Fast and automatic change
- Reliable and sustainable outcomes

Register for this event.

Contact: Anca +61 2 9418 3692 or email: bestmindset@bigpond.com

Training schedule

Level 3 offers 4 modules (9 hours each – 3 x 3 hours) via skype or telephone completed over 6 months.

You will learn why more comprehensive personality development is possible with a neuro-psychological developmental approach, and you will master the skills to offer your clients these benefits.

MODULE 1

- *Rationale and benefits of long-term A.R.T.*
- *The why and how of completing infant to adult psychological milestones*
- *Apply protocols for 6 phases of psycho-social development*
- *Facilitate emotional maturity skills, such as attachment, self confidence, independence and identity*
- *Apply protocols for processing emotions relating to abandonment, rejection, violation, betrayal, terror, emotional and sexual abuse*

MODULE 2

- *How to mature the sensori-motor system in psychotherapy*
- *How to use cognitive systems, such as metaphor, beliefs and interpretations*

MODULE 3

- *Managing physiological and psychological self regulatory systems*
- *Apply protocols for managing effects of dysfunctional family relationships, emotional and, physical abuse, trauma, birth trauma, childhood neglect and deprivation;*
- *Protocols for managing stress*
- *Protocols for wellbeing and thriving states*

MODULE 4

- *How to conduct a multi-modal A.R.T. session*
- *Working knowledge of the comprehensive texts covered previously.*

Price Includes

Course materials

- Client guide
- Clinician manual
- 30 protocol sheets

Certification

- Advanced Practitioner certificate

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contact Anca**

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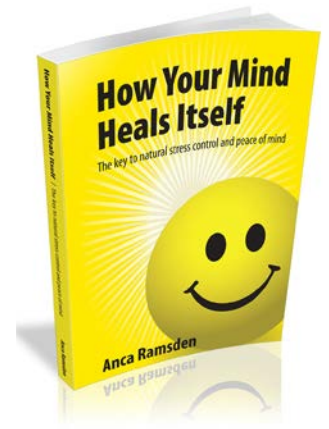
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Meet Your Trainer



Anca Ramsden Author of 'How Your Mind Heals Itself'.

Anca Ramsden is a Clinical Psychologist (MA, Clin Psyc, HED Teaching Diploma, certified Auditory Integration trainer) with over 27 years' combined experience working with adults and children both in a hospital setting (adult psychiatric out-patients and child and family units) and in private practice.



She has researched sensory integration as a psychotherapy tool for stress release, psychological resilience and adult personality development since 1991 and has designed a personality development psychotherapy for adults based on emotional and neurological development principles. The approach offers an effective therapy for achieving adults who have emotional, behavioural, social, learning and career performance challenges. She conducts a private practice, provides training to health professionals in this modality and presents research at conference level.

You Will Learn To:

- Understand the applications and benefits of long term Affect Regulation Therapy.
- Know Erikson's model of personality development and can apply this model in practice.
- Know the sensori-motor and psycho-social developmental stages, understand how these are completed during psychotherapy, have the tools to facilitate completion.
- Be able to combine cognitive, emotional and sensory interventions in a psychotherapy session.
- Be familiar with a range of self regulatory systems and psychological defence mechanisms and can address these in therapy.
- Know the impacts of dysfunctional family relationships; emotional, physical and sexual abuse; trauma; childhood neglect and deprivation; early childhood separation from parents on mental health and use the protocols.
- Have guidelines for measuring progress during therapy.
- Be able to apply your knowledge in clinical practice.

Admission Criteria

Participants have completed training in Brief Affect Regulation Therapy.

This therapy had quite a huge impact on me, because I had always felt abandoned by my mother'. I had been fostered out for a few times as a child. It actually made my relationship with my mother very difficult.

And now after A.R.T. it seems to have changed completely, I don't feel anger towards my mother anymore. . This therapy has released me and it's given me greater clarity about our relationship.

Jenny, 45 years

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How to Register

Register by email, 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 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

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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