

# CREATIVE TOOLS FOR TRANSFORMATIVE HEALING

Dealing with the imprint of trauma



An experiential workshop for HEALTH PRACTITIONERS and COMMUNITY WORKERS using creative practices to empower your clients/patients to develop their own self-care and resourcefulness.



The levels of trauma in our community continue to grow.

Are you working with clients who are presenting with increasingly complex issues?

Is it possible they may be carrying the imprint of trauma from childhood or more recent events?

In this workshop, you will experience:

- How to step out of fear and create inner safety
- The wisdom of the body, how emotions are held within and how to release them non-verbally
- Transformation of difficult experiences into life affirming possibilities
- The intuitive right-side of the brain and how it enables healing on many levels
- A deepening of your relationship to the power of embodied empathy
- How to release anger in a healthy way

You will learn:

- Techniques and skills designed to support yourself and your clients/patients to increase capacity for self-care and resilience
- How to use creative expression to develop new neural pathways for health and well being
- New ways for holding the space for your clients/patients

## Facilitators

Judy Emma Greenberg and Anne Holland

**Date:** Thursday 19<sup>th</sup> & Friday 20<sup>th</sup> August 2021

**Time:** 9:30am - 4:00pm

**Venue:** THE ARMAGH CENTRE  
226 Kooyong Rd. Toorak, Victoria

## Enquiries & Registration

For registration details and further information contact:

Anne Holland: Mb: 0407 324 593

E: [anneholland@optusnet.com.au](mailto:anneholland@optusnet.com.au)

## Cost

**Early bird:** \$400.00 (fully paid by Monday 9<sup>th</sup> August)

**Full price:** \$500.00 (fully paid by Tuesday 17<sup>th</sup> August)

“The impact of trauma results in presenting complaints in clinical practice that can pose a significant challenge to the health practitioner.

Whilst traditional therapeutic approaches target symptom reduction through cognitive, behavioural and medication approaches, psychophonetics offers novel, powerful, intuitive and enduring tools for accessing and healing past trauma by working intelligently within the emotional “body.”

Both Judy and Anne bring a wealth of knowledge to this modality, operating within a supportive and compassionate space.

I would highly recommend this workshop to any practitioner looking to authentically enhance their skill set in this interesting and challenging area”.

Dr Justin Lewis (Consultant Psychiatrist)

*Creativity as medicine for the soul*

## Judy Emma Greenberg



Judy is a counsellor/psychotherapist who has been in private practice in Melbourne for the last fifteen years. She worked as a teacher & supervisor at Persephone College and has facilitated groups and training programs.

She has utilised her own experience of illness and early childhood trauma through Psychophonetics Counselling, meditation, breath-work and ongoing study/courses as the basis of her healing and personal development and for her work in support of others.

She is passionate about and committed to empowering others to be self-managing and gain mastery on their paths of development and healing.

Through her counselling work and research, Judy has developed a deep understanding of the impact of trauma and of the wounded and buried memories often associated with it.

Judy's other areas of special focus include recovery from sexual abuse, chronic fatigue syndrome, psychosomatic illness, inner child work, grief and loss.

**Qualifications:** Assoc. Dip.Arts (Welfare Studies) Monash University; Adv. Dip. Psychophonetics Counselling; Adv. Dip. Holistic Counselling; Member ACWA (Australian Community Workers Association).

## Anne Holland



Anne has worked in private practice in Melbourne, Australia, as a counsellor & psychotherapist for 15 years and has also worked for over 30 years as a teacher/trainer and educator in schools, Universities, TAFE and private colleges. In more recent times she has worked with indigenous university students, prisoners, job seekers, factory workers and adults and teenagers with an intellectual disability.

She has conducted a range of personal development workshops which have focused on artistic and creative expression. She has also conducted training for health practitioners and community workers on dealing with trauma and abuse using artistic expression and creativity.

Anne's other areas of interest include developing leadership skills and deepening our capacity for empathy and effective communication.

**Qualifications:** Bachelor of Arts; Diploma of Education; Advanced Diploma Psychophonetics Counselling/Psychotherapy; Certificate IV in Training and Assessment.