



**NEW!**  
2-hour evening  
parenting workshop



Pre-adoption  
Post-adoption  
Permanency  
Advice &  
Counselling

## Parents under pressure: looking after yourself with Somatic Experiencing®

### Who should attend

Adoptive parents and other permanent carers

### Trainer

**Roz Read** (MA, UKCP, SEP) is part of the Child & Family team at PAC working with adoptive children and their parents as a Child and Family Psychotherapist. She is a UKCP registered Integrative Child Psychotherapist and a Somatic Experiencing® Practitioner.

### Description of the training

Somatic Experiencing® is a pioneering, body-awareness approach to the physical and psychological symptoms of stress, shock and trauma devised by psychologist Dr Peter Levine. Used throughout the world, it works with the body's natural self-regulating systems with the aim of restoring emotional regulation through tracking physical sensations, allowing the body itself to gently re-establish equilibrium. It is unthreatening and empowering and doesn't necessarily involve touch or bodywork. There will be a practical experiential component to this workshop to get you feeling relaxed and energised. (Visit [www.traumahealing.com](http://www.traumahealing.com) for more information).

### Date

Thursday 15 November 2012

6.00pm for a 6.30pm start – ends at 8.30pm

Refreshments provided on arrival

### Venue

PAC,  
5 Torriano Mews, Torriano Avenue  
London NW5 2RZ

### Fees

£20 plus vat (£24 incl VAT)

### Benefits of attending

- Understand how the stresses of parenting traumatised children impact upon you and your nervous system
- Learn simple tools to help you feel more grounded and in control
- Develop capacity to manage being under pressure

**Enrol** [pac.org.uk/training](http://pac.org.uk/training) **Contact** [training@pac.org.uk](mailto:training@pac.org.uk) **Web** [www.pac.org.uk](http://www.pac.org.uk) **Tel** 020 7284 5872

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