

Mindfulness-Based Approaches To The Treatment Of Traumatic Stress

A Two-Day Intensive Workshop

with Dr Galia Schechter (USA)



Galia returns to NZ for the first time since 2022 with this popular training opportunity!

The field of traumatic stress and its related theory, research, and treatments has advanced considerably in recent years. Meaningful developments in brain science and the application of embodied mindfulness processes toward psychological health and wellbeing now offer us powerful new understanding and practices towards the prevention and treatment of traumatic stress.

This 2-day skills-focused workshop is designed to provide a comprehensive conceptual and experiential learning opportunity for clinicians and helping professionals working with children and adults who have experienced trauma. The workshop will deepen participants understanding of various topics central to the field of traumatic stress, integrating new emerging knowledge with effective mindfulness-based therapeutic techniques and interventions.

The workshop will offer individual, didactic and group based experiential learning opportunities and participants will leave armed with contemporary knowledge and skills in the following areas:

- Recent developments in the field of traumatic stress studies and emerging understandings of the broad range of traumatic experiences, including acute, complex-developmental, layered trans-generational and collective trauma.
- Attachment theory and traumatic childhood adversity in a developmental context.
- Neurobiology of trauma and the affect of trauma on brain functioning and development as related to cognitive, emotional, behavioral, interpersonal and spiritual functioning and experiences.
- Post Traumatic Stress Disorder (PTSD), Childhood Traumatic Stress (CTS), Disorders of Extreme Stress (DOS).
- Mindfulness-based approaches to the treatment of acute and complex trauma, including mind-body practices informed by Somatic Experiencing, Internal family Systems, Process Experiential Emotion-Focused and Gestalt-Hakomi informed therapies and approaches toward stabilization, processing and integration of traumatic memories, psychological and interpersonal healing, reconnection and recovery.
- Resilience and post-traumatic growth.
- Vicarious trauma and mindfulness-based self-care practices for practitioners and first responders.



Galia Schechter, Psy.D; MBA, is a California based Clinical Psychologist, Lecturer, Trainer and Supervisor. She currently splits her time between her teaching commitments at several San Francisco Bay Area Universities and her own successful private practice and consultancy in Berkeley. Galia has previously been the Clinical Director of several Community Mental Health clinics and in both her teaching and her clinical work Galia specialises in the integration of Mindfulness - based approaches with the psychology of trauma. Her contemporary knowledge and practice experience combined with her passion for the power and efficacy of mindfulness based interventions make this a training opportunity not to be missed for all professionals working with traumatized clients.

Details:

- 📍 **CHRISTCHURCH** 8-9 June 2026, Peppers Clearwater, Clearwater Avenue, Northwood
- WELLINGTON:** 11-12 June 2026, Movenpick Hotel, 345 The Terrace, Te Aro
- HAMILTON:** 15-16 June 2026, Novotel Tainui, 7 Alma Street, Hamilton Central
- 🕒 9:00am - 4:00pm
- 💰 \$650 (inc GST). Includes full catering, notes, attendance certificate, live bookstore
- 📞 Contact the Compass Seminars team on 06 759 1647 or office@compass.ac.nz

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