

McGuffey Art Center Spotlight Series
SCIENCE & ART PROJECT
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Healing Trauma through the Arts: The Therapeutic Spiral Model in Action

Thursday, November 12, 2009, 7:30-9:30 PM

201 2nd St NW Charlottesville Va 22901 • 434/295/7973

An Evening with Dr. Kate Hudgins, Ph.D, TEP, clinical psychologist and psychodrama trainer, and founder & Director of Training for *Therapeutic Spiral International*. She has worked with trauma survivors for more than 20 years, developing the Therapeutic Spiral Model together with them.

Therapeutic Spiral weaves together Dr. Hudgins' personal experience with violence, her knowledge of safety as a clinical psychologist, and her belief in experiential methods to heal the symptoms of PTSD.

Therapeutic Spiral International provides experiential training, education and direct services for survivors of violence in the global community.

Action Trauma Teams aim to heal the psychological effects of **social and political trauma, natural disaster or illness** on individuals, families, groups, and cultures. Countries served by Kate's teams include **South Africa, Northern Ireland, Australia, China, Israel, Malaysia, South**

Korea, New Zealand, Japan, Canada and Taiwan. To learn more, visit: www.therapeuticspiral.org.

Dr Hudgins is the author of **Experiential Treatment for PTSD: The Therapeutic Spiral Model (2002)** and **A Trainer's Manual: Stage 1 in Community Practice: Action Against Trauma in Post-Violence Communities**

Please join us for an evening where you will have an opportunity to experience the science and art of healing with the Therapeutic Spiral Model.

Kate will bring us together as a like-minded community using psychodrama, shamanic energy medicine, and art therapy.