

**LISTENING TO THE DEEP WISDOM THAT RESIDES WITHIN:  
EXPLORING THE MANY ORIGINS OF SHAME**

**Moose Lake, Alaska April 18-22, 2019**

**Trainers: Georgia A. Rigg, LCSW, TEP And Kaya T. Kade, LPC, CDMS, TEP**

Kaya T. Kade, LPC, CDMS, TEP, and Georgia A. Rigg, LCSW, TEP, are very pleased to extend to you an invitation to our 2019 Spring Residential Training Workshop in Psychodrama, Psychomotor Therapy, Sociometry and Group Psychotherapy. Extended time workshops offer participants an opportunity to “take time out of time” in order to achieve both personal and professional goals. The workshop will be held on Moose Lake, near Seward, Alaska.

Our blended model, which incorporates psychomotor therapy and psychodrama, sociometry and group psychotherapy, is a “gold standard” treatment for complex PTSD, addictive processes, as well as for general personal growth. We plan to devote some time to the concept of “listening to the body”, with the belief that the body is not an enemy. Learning to listen to “who is talking about what” is of use to both therapists and clients. We will train in the process of using psychodrama and psychomotor therapies to help externalize the words and voices and learn to let the deep wisdom of self and the body lead. This workshop is open to individuals seeking a deeper understanding of action methods, certification in psychodrama, and professionals who wish to augment their present skills. Couples are welcome to attend together.

**Workshop Goals:**

- 1. Learning the tools of psychodrama and the use of psychodrama in exploring personal issues, group processes, and intrapersonal and interpersonal encounters.**
- 2. Understanding the theory, philosophy and techniques of psychomotor therapy with an opportunity to experience the roles utilized by all in the process.**
- 3. Utilizing the concepts of sociometry to develop and understand personal roles and responsibilities in the creation and life of the group.**

**Primary Trainers:**

Georgia A. Rigg, LCSW, TEP, lives in Colorado. She has been a member of the social work profession for many years, and was introduced to psychodrama in 1974. She has worked with the survivors of abuse for many years and has welcomed every opportunity that has come her way to train others in effective therapeutic processes. She lives in Colorado, and can be reached at: [georgiaarigg@yahoo.com](mailto:georgiaarigg@yahoo.com), (970) 353-2195.

Kaya T. Kade, LPC, CDMS, TEP, lives in Alaska, where she is at present the only board certified Trainer, Educator, Practitioner, (TEP). In addition to being skilled as a trainer and the use of psychodrama, sociometry and group psychotherapy in the treatment of complex PTSD, she has also worked extensively with the deaf and presented internationally. She can be reached at: [k.kade@att.net](mailto:k.kade@att.net), (907) 947-6676.

**Information:** The site for this workshop offers access to hiking trails, a hot tub, Seward and the Alaska Sea Life Center are nearby, as well as an excellent space for action therapy. The workshop fee includes the charge for lodging. If you want to enjoy the hot tub, you will need to bring a bathing suit. The workshop fee is \$850.00, and a \$100 non-refundable deposit is required to reserve your place in the workshop. Group size is limited, so contact Kaya soon! Dinners at the workshop are community affairs, and are shared by all. If you have special dietary needs, let Kaya know when you sign up. Breakfast and lunch are on your own. The workshop will begin at 4:00 PM on Thursday, the 18<sup>th</sup>, and close at 1:00 PM on Monday, April 22

**LOOKING FORWARD TO SEEING YOU SOON!**