Trauma Therapy Association

Introduction to Psychotraumatology Workshop August 2026 Intake

What is trauma? It is an unhealed wound with a band-aid on top of it. This workshop aims to bring to light subtle **small 't' traumas** and the delicate dance of behaviors that may arise as a way to cope with and protect that raw pain.

DATE : 15 - 16 August 2026 (Sat - Sun)
TIME : 9.00 AM - 5.00 PM
VENUE : Niju Co-Working Space SS2, PJ

4CPD Points!!

EMDRIA-certified and an approved EMDR Therapy Consultant, Accredited Supervisor in Creative Art Therapies, licensed counselor for individuals, couples, and families, and author of "Childhood Matters" and "My Body And Its Secret Mind"

Requirements

- Mental Health Professionals (i.e. Psychiatrists, Psychologists, Counsellors, Medical Doctors)
- Master students pursuing studies in the field of Psychology and Counselling

Entitlement

- Certificate of Attendance Meets training
- requirement to join **EMDR Level 1 Training conducted by TTA**, in collaboration with EMDR Asia, scheduled for **1st - 4th October 2026**

Fees

- Fees: RM750 per pax
- Early Bird (Single): RM650 per pax (By 24 July 26)
- Early Bird (Group of 4): RM600 per pax (By 24 July 26)

*Fees are inclusive of My Body and it's secret mind book, TTA membership (until Dec 2026) and light refreshments.

Closing Date for Registration: **31 July 2026**
Limited to **15 seats** for optimal learning experience

Course Structure

Day 1

- Understand the nuances of psychological traumas
- Identify and understand elements of small 't' traumas
- Recognize how trauma shapes one's perspective and behaviours
- Examine how core beliefs are formed and coping mechanisms develop
- Look into the consequences of trauma experiences on life and relationships

Day 2

- Understand and befriend the body we live in
- Delve into Polyvagal Theory
- Understand emotional safety
- Learn about Window of Tolerance
- Comprehensive overview of the AIP model
- Gain insight into ethical duties and professional obligations toward our clients

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Scan QR code to register!