



Presented by Joy Wong Liu, MFT  
A Workshop for Mental Health Professionals

### **Syllabus**

#### **Course Description**

Traumatic memories are stored in the body. Body-based, experiential interventions such as theater can help clients step into new roles and gain a visceral experience of the strengths that were lacking. This 2-hour training will introduce you to experiential techniques from the Therapeutic Spiral Model (TSM), a clinical model of psychodrama designed for survivors of trauma. These action techniques can be used to help clients connect to inner resources as well as to keep clients within the therapeutic window of tolerance when traumatic memories are activated. The course will present techniques that can be used for both groups and individuals.

#### **Course Objectives**

1. Participants will learn how to use the psychodramatic techniques of Role Reversal and Classical Doubling to help clients connect to inner resources.
2. Participants will gain a basic understanding of how the TSM roles of the Observing Ego, the Containing Double, and the Body Double can be utilized to help clients stay within the window of tolerance when a traumatic memory is activated.
3. Participants will gain basic knowledge of several techniques to build a sense of safety among group members.

## **Course Overview/Outline**

This course will present a brief overview of the effects of trauma as well as the use of resourcing in the treatment of trauma. This course will also provide a description, demonstration, and/or practice of the following concepts and techniques from classical psychodrama and the Therapeutic Spiral Model:

- Observing Ego
- Spectograms & Locograms
- Circle of Similarities
- Role Reversal
- Classical Doubling
- Body Double & Containing Double

## **Selected Bibliography**

Dayton, T. (2005). *The living stage: A step-by-step guide to psychodrama, sociometry and group psychotherapy*. Deerfield Beach, FL: Health Communications, Inc.

Hudgins, K. & Toscani, F. (Eds.) (2013). *Healing world trauma with the therapeutic spiral model: Psychodramatic stories from the frontline*. Philadelphia, PA: Jessica Kingsley Publishers.

van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York, NY: Viking.

## **About the Presenter**

Joy Wong Liu is a Licensed Marriage and Family Therapist (MFC# 53681) who has been affiliated with Christian Counseling Centers since 2012. Joy currently co-leads a drama therapy group for trauma survivors at CCC Hayward. Joy received her Master's Degree in Marriage and Family Therapy from Western Seminary and also holds a Bachelor's Degree in drama from Stanford University. Joy is trained in EMDR for the treatment of trauma and also is currently pursuing International Certification in Trauma Therapy using the Therapeutic Spiral Model (TSM). Joy has received over 100 hours of post-graduate training in TSM from Sylvia Israel, MFT, TEP, RDT/BCT, and Kate Hudgins, Ph.D., TEP, the founder of TSM. Joy is also training to become a registered drama therapist under the direction of Armand Volkas, MFT, RDT/BCT.

**Strengths and Safety:  
Experiential Techniques to Foster Healing**

Presented by Joy Wong Liu, MFT  
12-2PM, Wednesday, January 13, 2016

**Post-Test**

1. What TSM role describes the part of the self that can observe what is happening without becoming swept into the emotional experience?
  - (a) Observing Ego
  - (b) Containing Double
  - (c) Sleeping-Awakening Child
  - (d) Abandoning Authority
  
2. According to TSM, which of the following is most healing for the client?
  - (a) For the client to see the therapist play the role of his/her strength.
  - (b) For the client to be able to play the role of his/her own strength with spontaneity.
  - (c) For the client to hear someone else speak to him/her from the voice of a strength.
  - (d) For the client to imitate the therapist's portrayal of a strength.
  
3. When a person uses the psychodramatic technique of Role Reversal, which of the following happens?
  - (a) The person contradicts whatever the protagonist says, in order to play devil's advocate.
  - (b) The person momentarily exchanges roles with the protagonist, in order to help the protagonist gain deeper understanding of another role.
  - (c) The person turns his/her back to the protagonist to create distance.
  - (d) All of the above.
  
4. When using Doubling as an intervention, the Double makes statements about the protagonist using
  - (a) The first person ("I, me")
  - (b) The second person ("you")
  - (c) The third person ("he, she")
  - (d) None of the above
  
5. Which of the following is a doubling statement that can help ground a client in the here-and-now?
  - (a) "I can feel my breath in my body."
  - (b) "I can feel my feet touching the ground."
  - (c) "I can look at one thing in this room and say what I see."
  - (d) All of the above.