

The Lancaster Chapter of PSCSW presents:

Weaving the Experiential Approach Into Your Talk Therapy Session



About the presenter

Karen Carnabucci, LCSW, TEP, is a trainer, psychotherapist and psychodramatist who has been certified as a master trainer in psychodrama, sociometry and group psychotherapy and is a certified facilitator of Family and Systemic Constellations. She is the founder of the Lancaster School of Psychodrama and Experiential Psychotherapies and the author of several books for professionals on experiential therapies including "Show and Tell Psychodrama: Skills for Therapists, Coaches, Teachers, Leaders." See www.realtruekaren.com for info and to sign up for her e-letter.

About PSCSW

The Pennsylvania Society of Clinical Social Work offers a variety of programs and services for clinical social workers. See www.pscsw.org for more info.

Traditional talk psychotherapists are becoming increasingly interested in the value of experiential therapies and how they can bring these approaches into their therapy rooms – especially when they haven't had extensive training in experiential skills.

The experiential approaches – including the principles of psychodrama – can deepen a person's experience of the issue and enliven sessions when the client is feeling stuck, repeatedly talking about the same material.

In this workshop, Karen Carnabucci, LCSW, TEP, will show and tell how to weave experiential techniques and principles into a setting where they are not necessarily the therapist's primary mode of treatment and demonstrate some simple and yet effective ways to enliven therapeutic situations.

You will learn:

- Identifying the value of the experiential approach.
- A brief overview of neurobiology and how it relates to experiential psychotherapies.
- How to select the most clinically useful and safe experience for the client.
- Ways to warm up the client to the experience.
- Learning the role play technique of doubling.

From 9 a.m. to noon Saturday, Feb. 29, at Friends Meeting House, 110 Tulane Terrace, Lancaster, Pa., with attendees gathering for refreshments at 8:30 a.m. and networking after the program. It is free for PSCSW members who do not want CE credits and \$10 for members and non-members who are requesting three CE credits. Snow date March 14.