



## **LEVEL TWO:**

# **Effective tools to help clients manage difficult emotions:**

## **Using brief Affect Regulation Therapy**

*9 hours online training*

***Does any of the following apply to your practice?***

- Do your clients struggle with their emotions ?
- Do they get stuck in chronic anxiety, anger, guilt or isolation states?
- Are they not able to move onto problem solving?

***Let me show you how to develop their emotional intelligence.***

### ***Why you should be doing this training***

**Here's a snap shot of what you'll learn:**

- How to offer clients **rapid** stress relief
- Methods to help clients to identify their emotions – using extensive Emotion Charts
- Improve emotional control of the fight, fright, freeze responses
- Facilitate better expression and broader range of emotions
- And more appropriate emotional responses
- Help clients progress to the problem solving stage of therapy faster
- Assist clients who struggle to verbalise emotions
- Get better client commitment to therapy and higher retention rates with fast acting and user-friendly therapy methods

Register for this event.

Contact: Anca +61 2 9418 3692 or email: [bestmindset@bigpond.com](mailto:bestmindset@bigpond.com)

## Okay, so what is Affect Regulation Therapy?

Affect Regulation Therapy (**A.R.T.**) gives psychologists effective practical tools to work with clients' emotions using a combination of techniques from developmental, psychodynamic and behavioural psychology. **A.R.T.** can benefit most mental health disorders, because it targets emotion regulation.

"A.R.T. gives me the missing link I have been looking for in psychology."

Helen Tsamoulos,  
Psychologist, Sydney, Australia

"With A.R.T. you see positive change immediately, the transformation is amazing. For depression and anxiety this is my preferred treatment method."

Parandaman Thechanamurthi,  
Psychologist, Singapore.

Affect regulation is a common difficulty our clients face and is a skill they need to learn. Good affect regulation means having good emotional balance and being able to express emotions appropriately. **A.R.T.** helps clients manage the full range of stress emotions, including anger, fear, guilt, grief, apathy and feelings of isolation; and assists clients to identify, express, process, release, balance and tolerate their emotions better. Clients consistently report improved emotional wellbeing and maturity after using **A.R.T.**

## Join our Training Programs

**Level One:** 12 hrs online audio lectures on Benefits, Applications, Research, Theory

**Level Two:** 3 x 3 hrs training sessions (total of 9 hrs) online via Skype or telephone

## Why does our training work?

We teach you practical clinical skills, so you can be more effective in managing clients' emotions right away.

1. This is not 'theory only' training
2. You quickly learn easy to use methods
3. Step by step instructions
4. Learn behind the scenes of "why" and "how" this works and how you can directly apply it to your practice – as soon as you finish your training, within 24 hours of leaving the course!
5. Extensive notes supplied, a Client Guide plus ongoing free supervision
6. Your practice will grow and you can feel more fulfilled as a therapist with these powerful techniques added to your tool kit.

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## Founder

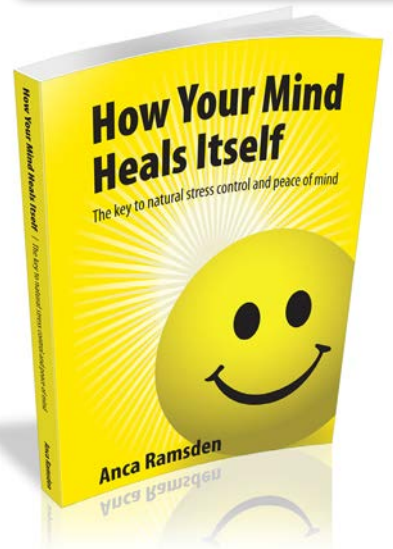
Anca Ramsden is a Clinical Psychologist with over 27 years' experience in clinical practice working with adults and children both in a hospital setting ( adult psychiatric inpatient and outpatient clinics; child and family clinics; school clinics) and in private practice.

She is the founder of Affect Regulation Therapy, a practical method combining developmental, psychodynamic and behavioural psychology principles to manage emotional functioning.

Currently she conducts a private practice and trains psychologists in Affect Regulation Therapy in Australia, Singapore, South Africa, New Zealand and Malaysia.

**The Affect Regulation Therapy method is described in her book 'How your Mind Heals Itself', a guide used by psychologists to communicate with their clients.**

The Client Guide is a valuable therapy aid. It helps clients understand the benefits of therapy and builds trust and commitment to change.



## You Will Learn To:

- Quickly master the **A.R.T.** techniques using standardised protocols
- Recognise the 5 stages of stress release
- Facilitate the 4 healing steps
- Interpret physical signs of stress release
- Use questionnaires to measure affect regulation and client progress
- Effectively use Emotion Charts and the Client Guide for better communication with your clients
- Be a confident practitioner by linking research with clinical practice
- Be a more effective therapist by adding **A.R.T.** to your existing therapy methods
- You can also service a broader range of clients – by learning the relevance of **A.R.T.** for various mental health conditions, such as; adjustment disorders, mood and anxiety disorders, neural deficit disorders (stroke, dementia), personality disorders, acute stress disorder, trauma, stress, as well as recovery from childhood and adult emotional, physical, or sexual abuse and for adults from dysfunctional family of origin, alcoholic families, families of war veterans, and adult children of parents with mental health disorders

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## Training Package

Our training ensures your professional competence and confidence in using **A.R.T.** and therefore includes essential information on the neuro-science of stress plus intensive practical training.

*"This therapy is straightforward, it is easy to learn and it makes therapy light work for both therapist and client. It reduces overwhelm and gives clients immediate relief from stress. When it comes to stress and anxiety A.R.T. is my first choice. Since the training I have used A.R.T. constantly, it's been my best return on investment and I actively promote it to my colleagues."*

Anne Bannatyne, Clinical Psychologist, Auckland, New Zealand.

**Level One** covers the Benefits, Applications, Research and Theory of A.R.T. and is delivered by 12 hrs of online audio lectures. Complete course notes, articles and videos of client interviews are supplied by email. Level One is a pre-requisite for proceeding to Level Two.

**Level Two** is 3 x 3 hrs training sessions (total of 9 hrs) offered via Skype or telephone. Learn the practical clinical skills of Brief A.R.T. so you may facilitate effective and safe stress release for clients.

## Your training package includes:

- Certificates of Attendance
- Clinician's manual (step by step 'how to' of an **A.R.T.** session)
- The client guide, 'How Your Mind Heals Itself'
- Five colour Emotions Charts (help clients identify emotions)

### **PLUS FREE support tools for your Professional Development**

- **A.R.T.** Practitioner Certificate
- Your practice listed on the **A.R.T.** website
- Unlimited supervision
- Newsletters

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## ***How to Register***

**Register by email, your details to [bestmindset@bigpond.com](mailto:bestmindset@bigpond.com)**

1. Your name
2. Your qualifications
3. Your email address
4. Your telephone numbers for work, home and/or mobile
5. Your physical/postal address
6. Your intended training course (e.g. Level 3 **A.R.T.** )

**We also accept registration over the phone.**

**Phone:** 61+ 2 9418 3692 or 61+ 414 414 286

***Choose a payment option from the list below***

**Cheque:** Payable to 'Best Mindset' Postal address: P.O.Box 435,  
Artarmon, 1570, NSW  
Australia

**Credit Card by phone:** +61 2 9418 3692

**Internet Banking:** Banking details available upon request.

## ***Contact Us***

**Email Us:** [bestmindset@bigpond.com](mailto:bestmindset@bigpond.com)

**Tel & Fax:** 61+ 2 9418 3692

**Mail:** P.O.Box 435, Artarmon, 1570, NSW Australia

### **Terms & Conditions**

Confirmation of registration - Registrations are not confirmed until payment is received

Cancellation policy and disclaimer - Refunds less a \$100.00 administration fee are given for cancellations received in writing (email, fax, mail) to Best Mindset two weeks prior training start date. Refunds are not possible after this date, regardless of circumstances.

Transfer of registration to another person - Registrations are transferable in full to another person on notification to Best Mindset. Registration transfer for part of a course is not possible

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