

The Adelaide Trauma Centre

Invites you to another evening in our series of informal interview style sessions with therapists and people interested in therapy.

WHAT WE TALK ABOUT WHEN WE TALK ABOUT THERAPY

Friday May 11th 2018

Drinks and nibbles from 6pm

Interview plus Q&A: 6:30-7:30pm

In the spacious seminar room:
SAMESH, 57 Hyde St, Adelaide.

LESLEY PORTER WILL BE INTERVIEWING
THERAPIST **DORA AVELLA-O'BRIAN**

Exploring the topic:

**Innovative and explorative somatic
psychotherapy in Adelaide: Insights
from the journey**

RSVP to info@adelaidetraumacentre.com.au

For catering purposes

There is no charge for this event.

Dora Avella O'Brien is one of the pioneers in bringing somatic psychotherapy to Adelaide. She has worked as a counsellor for 30 years, initially for Government and NGO's, then in private practice for the last 17 years. Dora has been a Certified Hakomi Psychotherapist for 18 years and is also trained in Accelerated Experiential Psychotherapy and Sensorimotor Psychotherapy.

Dora has been passionate about providing somatic psychotherapy to the community, long before the significance of this approach was recognised in the field. We are delighted to have her share her therapy practices, knowledge and insights with us.

Dr Lesley Porter is an ATC member, relationship and trauma therapist, supervisor and a Breathworks Mindfulness Meditation Teacher in Training.

There will be a raffle for a copy of the book **Hakomi Mindfulness-Centered Somatic Psychotherapy : A Comprehensive Guide to Theory and Practice (Weiss, Johanson & Monda, 2015)** . Money raised will be donated to support Rohingya Refugees through the UNHCR.



Adelaide
Trauma Centre

An integrated approach
to trauma therapy