



Processing Traumatic Memories & Experiences - Stage 2 and 3 work

Kintsugi (金継ぎ, "golden joinery") Broken pieces are re-connected with gold and the philosophy is that beauty is found in embracing imperfection.

A Gestalt, equine assisted psychotherapy and somatic approach to processing traumatic experiences.

With Noel Haarburger

This 4-day advanced equine psychotherapy trauma training will provide a unique opportunity for therapists to gain a deeper understanding of trauma-sensitive practice, and how to alleviate the core symptom of trauma. It will be facilitated by Noel Haarburger, a certified Somatic Experiencing practitioner, Psychologist and Gestalt Psychotherapist with over two decades of experience.

Participants will explore the specific goals and practice steps involved in processing shock and developmental traumatic experiences and memories, which is often referred to as Stage 2 trauma work. Participants will review the principles of trauma-sensitive practice and learn how a therapist can alleviate the core symptoms of trauma. The training integrates ideas and practices from Somatic Experiencing, Parts Work, Poly-vagal Theory, Neuroscience, Memory Reconsolidation Theory, Sensory-motor Psychotherapy, and Gestalt Therapy's emphasis on awareness, support, the paradoxical theory of change, embodiment, and working relationally.

Where: Equine and Animal Assisted Psychotherapy Institute Headquarters
459 Telegraph Rd, Mound Prospect, 2264 Victoria
When: 25th – 28th August 2026
Time: 9:00am – 5:30pm
Payment: \$1,400 plus GST. Includes tea & coffee. BYO lunch
Register: admin@equinepsychotherapy.net.au

How is the training delivered?

This is an in-person training where participants learn through a mixture of theory, experiential exercises, group discussion, demonstrations and practice sessions.

What are the learning objectives?

- Gain a deeper understanding of how to use various skills (of imagery, distancing techniques, somatic containment, titration, pendulation and somatic mindfulness) to help safely process traumatic memories and to replace passive defensive responses with healthy aggression or active self-protective responses.
- Learn experiments and skills that support the client's social engagement system, build the window of tolerance, and to complete unfinished business of anger and grief from the past.
- Learn skills in supporting corrective experiences to child parts that are frozen in time as a result of developmental trauma and neglect.
- Understand how to help clients work with the inner critic and implicit shame-based beliefs and introjects.
- An understanding of the structural dissociation model and how to work with fight, flight, submit/appease, freeze and attach survival responses.
- Understand how to support clients to use a balance of bottom up and top-down strategies for traumatic processing.
- Practice how to work relationally in ways that optimise the felt sense of safety and support.

Don't miss out on this valuable opportunity to deepen your understanding of trauma-sensitive practice and learn practical skills to help your clients.

Read on to learn about your facilitator – Noel Haarburger.

REGISTRATIONS & ENQUIRIES

admin@equinepsychotherapy.net.au

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About the facilitator Noel Haarburger -

B.B.SC, B'Ed (counselling), Adv Dip Gestalt Therapy, Somatic Experiencing Practitioner (SEP). MAPS. ClinGANZ

Noel has been a psychologist since 1997. He is a gestalt therapist, faculty member and trainer at GTA (Gestalt Therapy Australia) since 2001, and now works in full time private practice as a registered Psychologist (Medicare provider) and Psychotherapist working with individuals and couples, as well as offering 1-1 and group supervision to counsellors, psychotherapists and organizations. He has offered training on the topics of trauma, shame, attachment, depression and anxiety, and addictions for numerous organisations over the last 15 years. He is also the co-trainer at the Equine psychotherapy institute, cofacilitating foundation and advanced trainings on equine and eco-therapy with his wife, Meg Kirby. Noel regularly runs uniquely tailored training to organisations and mental health practitioners on the topics of depression and anxiety, parts work, shame and self-criticism, trauma and addictions. Noel is also a senior trainer for the 'Embodied Processing' online comprehensive trauma training course through the 'Centre for healing' based in Melbourne.

Prior to full time private practice, Noel has worked extensively in a wide variety of counselling and psychological services since 1995, including Senior Psychologist at Malmsbury Youth Justice Centre family counselling, drug and alcohol, sexual assault, problematic gambling, men's behavioural change programs, and the mental health fields.

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