

Facilitator Biographies



Babette Rothschild, MSW, LCSW, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of six books, (translated into more than a dozen languages including Danish, German, French, Spanish, and Japanese) all published by WW Norton.

- Her newest, *The Body Remembers, Volume 2: Revolutionizing Trauma Treatment*;
- Her classic bestseller, *The Body Remembers, Volume 1: The Psychophysiology of Trauma and Trauma Treatment*;
- *The Body Remembers CASEBOOK: Unifying Methods and Models in the Treatment of Trauma and PTSD*;
- *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*;
- *8 Keys to Safe Trauma Recovery*; and *Trauma Essentials: The Go-To Guide*.

Babette is also the Series Editor of the WW Norton 8 Keys to Mental Health Series (12 titles and growing!).

After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles. There she is writing her next books while she continues to lecture, train, and supervise professional psychotherapists worldwide. For more information, visit her website: www.trauma.cc



Patricia Bourke D'Souza is an accredited Counsellor and Psychotherapist (MIACP, MIAHIP) since 2001 and an accredited Supervisor (MIACP) and Somatic Trauma Therapist, Trainer and Supervisor (Babette Rothschild). Patricia has assisted Babette Rothschild on her training tours of Australia, New Zealand and Singapore and co-trained on her tours of Australia in 2016-2017.

Patricia currently works as a Somatic Trauma Therapist, Trainer, Supervisor and Consultant and co-ordinates /manages the implementation of the *National Music in Mind Programme* and the *Music in Mind* and *Mind Your Mental Health Mental Health Promotion* Initiatives for programme refugee populations throughout Ireland on behalf of Mental Health Ireland in partnership with the HSE National Office for Social Inclusion and the National Concert Hall. Patricia has worked for over 20 years within the corporate, statutory, voluntary, educational, community and voluntary sectors in Ireland and abroad and has considerable experience working in the homeless and mental health sectors where she led out on the development and implementation of a number of mental health and social care national training programmes and workshops.

Patricia is passionate about her work with individuals and groups from diverse backgrounds. This includes ethnic minority groups, faith based groups, refugees and vulnerable/marginalised populations. For more information please visit her website www.somatictraumatherapyireland.com