

# Booking Form

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

Orientation (if psychotherapist) \_\_\_\_\_

I am booking for all 5 workshops.

Or the following selection:

Workshop 1      Emerald Turner

Workshop 2      David Simpson

Workshop 3      Valerie Sinason

Workshop 4      Alison Dunn

Workshop 5      Roz Carroll

I am a member of Confer      Membership No. \_\_\_\_\_

I am enclosing      £ \_\_\_\_\_

(Cheques should be made payable to Confer)

Please debit card no:

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Mastercard

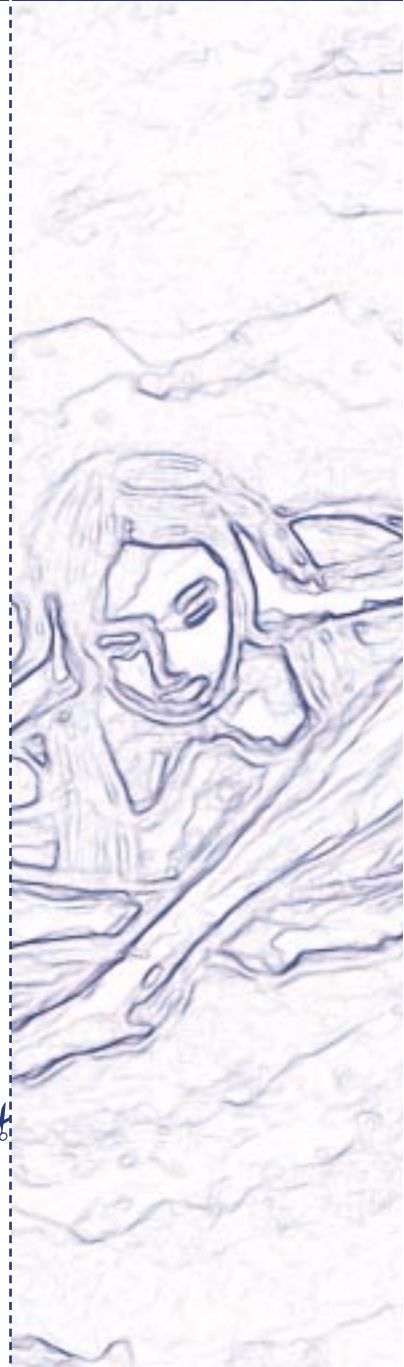
Visa

Switch

Valid From \_\_\_\_/\_\_\_\_      Expiry Date \_\_\_\_/\_\_\_\_      Issue number

Please return with payment to:

**Confer, 36a Mildmay Road, London N1 4NG**



# Information

## Venue

120 Belsize Lane, London NW3

## Dates

7, 12, 21, 28 June and 5 July 2004

## Times

Monday evenings 7.0-9.45pm

## To Book

Please return attached booking form with payment to

**Confer, 36a Mildmay Road,  
London N1 4NG**

## Fees

Paying for yourself:

Single workshop £47.87 (£40 plus VAT)

All 5 workshops £188 (£160 plus VAT)

Member of Confer:

Single workshop £39.95 (£34 + VAT)

All 5 workshops £159.80 (£136 + VAT)

Funded by an organisation:

Single workshop £70.50 (£60 + VAT)

All 5 workshops £235 (£200 + VAT)

## CPD hours

2.5 per session

## Further info

0207 254 2323

[ryan@confer.demon.co.uk](mailto:ryan@confer.demon.co.uk)

[www.confercpd.com](http://www.confercpd.com)

## Director of Confer

Jane Ryan

## Project Consultant

Sanja Oakley

## Advisors to Confer

Brett Kahr and Elizabeth Scott

VAT Reg.No: 823594025

# Introduction

This series of five training workshops has been designed for psychotherapists and counsellors wishing to develop their skills in working with people who have experienced severe or systematic trauma. Providing cutting-edge clinical approaches, and taught by psychotherapists who specialise in traumatology, each evening will provide an introduction to a psychotherapeutic method, followed by an opportunity for you to review your work with traumatised clients/patients within that framework.

The series is strongly recommended to those in psychotherapeutic relationships with people who suffer from long-term complex post-traumatic stress rooted in childhood experience as well as those in the immediate aftermath of a devastating event.

The workshop facilitators have been chosen because of their specialist knowledge in the field, their use of innovative and effective clinical techniques, and their wide experience of teaching and supervising.

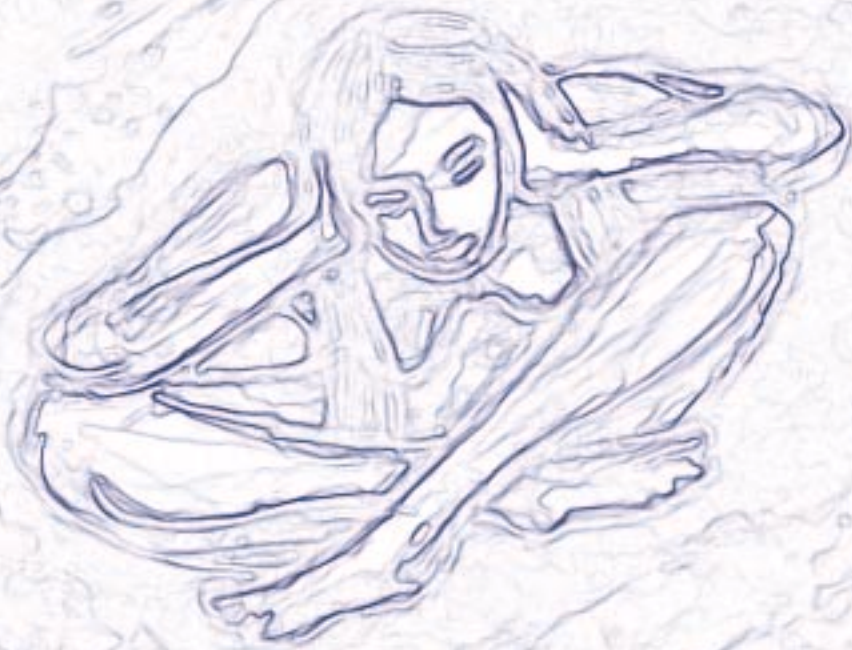


**CONFERR**

presents

**5 practical workshops for  
psychotherapists and counsellors on**

# **Working with Trauma**



**New clinical technique**

Monday evenings 7-9.45pm

7, 14, 21, 28 June and 5 July 2004

# Workshop 1

7 June

**Emerald Turner**

## **Assessment of the client's resources and capacity for psychotherapeutic work in cases of trauma**

Resources are like the pegs that hold down the guy ropes of the psyche. The strength and number of these 'pegs', which are developed through secure attachment relationships in childhood, determine our ability to hold ground during times of overwhelming danger to the self. When unresolved attachment issues and developmental trauma undermine a person's resources, approaching traumatic issues too soon can lead to re-traumatisation. Before work can continue, resources must be strengthened. Drawing from body-centered approaches developed by Peter Levine, Babette Rothschild and Pat Ogden (hakomi), we will explore how to assess the resilience of clients and to use this information to guide our approach. This workshop will focus on taking a resource history, tracking resources and establishing them in the body. We will learn about their place in working somatically with trauma.

Emerald Turner is a psychotherapist who trained originally with the Karuna Institute in Core Process Psychotherapy, having worked previously as an occupational therapist. She is certified in, and has taught Hakomi Body-centred Psychotherapy for several years. She studied somatic traumatology with Dr Angwyn St Juste and Babette Rothschild in the USA. She is a consultant and supervisor for London Underground Department for Counselling and Trauma, and is visiting lecturer at the University of Westminster on trauma and the body. Her approach is described in her contribution to *Trauma: a Practitioner's Guide to Counselling* (Brunner Routledge 2001).

# Workshop 2

14 June

**David Simpson**

## **Initiating Therapeutic Contact with Severely Traumatized Patients.**

This seminar aims to help psychotherapists establish communication and working relationships with severely traumatized patients. David will describe his work with a patient who became totally mute, in psychotic withdrawal with no observable emotional responses ten days after hospital admission. A focused intervention saw her speaking after six sessions spread over four days and she subsequently engaged in a successful therapeutic relationship. The workshop will include training on making a therapeutic connection with people in a profound state of withdrawal so that they can go on to benefit from longer-term treatment. There will be time for questions, discussion, and further exploration of issues that relate to your own work.

David Simpson, a trauma psychologist and integrative psychotherapist, was Head of the Department

of Psychotherapy and Applied Psychology at the Auckland University of Technology, New Zealand until 1997 when he moved to Europe to pursue his interest in existential psychology. First trained in cognitive-behavioural therapy, and later in integrative psychotherapy, he has extensive university teaching and clinical supervision experience. Since 1986 he has specialised in psychotherapy applied to problems of despair and the search for personal meaning. Since 1990 he has followed a particular interest in trauma psychology. He teaches at the New School of Psychotherapy and Counselling, and practises both in London and Paris. For a recent paper on his trauma work, please visit <http://societyofpsychotherapy.org.uk>

## Workshop 3

21 June

**Valerie Sinason**

### **Transference and countertransference challenges of working with severely traumatised people**

This workshop will focus on strengthening the psychotherapist's capacity to understand, experience, and work empathically with transference, while containing the powerful countertransference responses that are an integral part of clinical work with severely traumatised people. When a patient communicates - bodily or verbally - enormous levels of terror, or unspeakable external trauma, how does the therapist hear it? If the therapist becomes an equal mourner, he or she passes back a burden of grief to the patient, yet the therapist who receives the whole communication without any filtering can be overwhelmed. How do we navigate this hazardous emotional landscape, while remaining empathic, related and responsive? Workshop participants are invited to bring current challenging clinical material.

Valerie Sinason is a poet, writer, psychoanalyst (British Society) and child psychotherapist (Tavistock). She is currently director of the Clinic of Dissociative Studies, where she specialises in work with abused/abusing and dissociative patients who have experienced extraordinary levels of trauma, particularly in childhood. She is the leading pioneer in psychoanalytic work with disabled patients. Valerie Sinason has written 11 books and over 60 papers. She lectures nationally and internationally on trauma and dissociation.

## Workshop 4

28 June

**Alison Dunn**

### **Trauma Aftercare: A Four Stage Model**

This workshop will outline a four-stage model for trauma aftercare when working with clients in the immediate aftermath of a trauma. The stages are:

- Making Contact
- Assessment
- Resourcing
- Ending /Moving On.

This way of working owes a great deal to Judith Herman's three-stage model for working with complex trauma, or post-traumatic stress involving multiple incidents over a long period of time. Her three stages are Safety, Remembrance & Mourning, and Reconnection. The four stage model, developed by Alison Dunn as part of her work as Head of the Counselling and Trauma Unit at London Underground, provides a useful and individually-focused (rather than incident-focused) alternative to psychological debriefing.

Alison Dunn, an integrative psychotherapist and counsellor, is currently head of the Counselling and Trauma Service for London Underground, where she works as a trauma specialist. She has worked for London Underground's counselling service for many years from its early days following the Kings Cross fire to its recent development of a new cutting-edge model of psychological debriefing for those in the immediate aftermath of trauma. Her writings on this work appear in *Trauma: A Practitioner's Guide to Counselling* edited by Thom Spiers (Brunner Routledge, 2001).

## Workshop 5

5 July

Roz Carroll

### The art and science of defusing the intensity of trauma

In this workshop we shall explore how dysregulation of the nervous system is the defining feature of trauma, whatever the event or dynamic behind it. Within the field of body psychotherapy, specialised techniques for containing trauma and avoiding re-traumatisation have recently been developed. The principle is to use observation of the body to track and contain hyperarousal, the core symptom of trauma. By structuring small ventures into the most explosive area of the client's story, the therapist can help the client assimilate information which is linked to nervous system overload, while reducing the intense pressure and remorseless pull-back into the trauma. I will teach specific techniques for anticipating and minimising dissociation, supporting the client to come out of traumatic states, and protecting the therapist from becoming overwhelmed themselves by the intensity, terror and distress in their client's history.

Roz Carroll is a body psychotherapist and a member of the Society for Neuro-psychoanalysis. She is a trainer and supervisor at the Minster Centre and the Chiron Centre for Body Psychotherapy. She has specialised in integrating concepts from neuroscience, psychoanalysis and body psychotherapy and has lectured and run short courses in a wide range of clinical training contexts. Recent publications include chapters in *Advances in Body Psychotherapy* (Ed. T. Staunton) and *Revolutionary Connections: a new relationship between neuroscience and psychotherapy* (Ed. Corrigan and Wilkinson). For her articles, lectures and other information visit [www.thinkbody.co.uk](http://www.thinkbody.co.uk)