

# TRAUMA SKILLS SUMMER SCHOOL

MONDAY 5 JULY – FRIDAY 9 JULY 2010



**A programme of 10 seminars for psychotherapists designed to offer technical skills and theoretical knowledge in working with trauma-related disorders.**

LONDON



# INTRODUCTION

The aim of this 5-day programme is to present some of the most recent developments in the treatment of trauma related disorders. The 10 seminars, taught by several of the UK's leading specialists in the field, are designed for mental health practitioners interested in the following areas:

- Diagnosis of trauma related disorders
- Assessment of the patient's capacity for specific treatment approaches
- Distinguishing between different types of trauma, such as interpersonal abuse or a critical incident in the patient's history
- Understanding the range of effective therapeutic interventions for the treatment of post traumatic symptoms, for example sensorimotor, psychodynamic, or mindfulness-based psychotherapies
- Assimilating an understanding of the neurobiology of trauma into psychotherapeutic treatments, including the structure and chemistry of the brain, autonomic nervous and neuroendocrinal systems
- Assessment of developmental issues in the patient's history and pacing treatment with sensitivity to these
- Resourcing the patient

## **The programme will offer participants:**

- A working knowledge of the spectrum of trauma-related disorders
- An introduction to the technical skills involved in each modality covered in the programme
- An understanding of the psychobiological effects of single and multiple exposures to traumatic events
- Skill in recognising signs of traumatic experience, assessment and diagnosis
- Increased awareness of the range of therapeutic treatments available

# PROGRAMME

**Monday 5 July 2010**

**Morning**

**Childhood, developmental and attachment trauma**

**Dr Felicity de Zulueta**

In this seminar we will consider how the early social environment, mediated by primary caregiver, influences the evolution of structures in the infant's brain with implications for the maturation of the orbitofrontal cortex. We will examine the brain circuits involved in emotion regulation and the impact on these of early and long term development. We will consider how far the brain is plastic and might be responsive to therapeutic or attachment-based intervention in cases of childhood trauma, neglect or abuse. We will be asking what makes an event traumatic.

**Afternoon**

**Differentiating developmental/complex trauma from incident trauma**

**Alexandra Richman**

This seminar will cover diagnostic issues in identifying traumatic experiences that are rooted in childhood experiences and differentiating these from traumas experienced by otherwise healthy adults that may result in PTSD or a disruption in their self-reflective functioning. We will consider the implications this has for considering an appropriate treatment strategy.

**Tuesday 6 July 2010**

**Morning**

**Psychobiological states: the traumatised patient's body**

**Dr Nuri Gene-Cos**

In this seminar we will summarise how biochemical changes in the patient's body arise in response to trauma, impacting upon the autonomic nervous system, the patient's capacity to affect regulate, the role of the hypothalamus-pituitary-axis and the neuroendocrine system. We will consider what impact these changes have on the patient's physical wellbeing.

**Afternoon**

**Relational Body Psychotherapy - An Integrative Approach to Trauma Work**

**Morit Heitzler**

Offering interactive regulation to engage with and complement the patient's disturbed auto-regulation, the therapist becomes a container for the trauma. As most of the psycho-biological stress of the trauma is communicated non-verbally, via right-brain to right-brain attunement, this process relies on the therapist's own sense of embodiment and internal body-mind regulation. In this presentation, based on case material, we will explore how body psychotherapy offers treatment options and techniques that are capable of reaching down into the roots of trauma in somatic experience. We will look at how therapists can develop the internal resources and capacities needed to regulate the body-mind impact of traumatic relational dynamics.

**Wednesday 7 July 2010**

**AM**

## **Mindfulness and cognitive-based therapies in treatment of trauma**

**Henry Whitfield**

In this session we will explore techniques for Traumatic Incident Reduction (TIR), and integrative mindfulness-oriented approaches for addressing Post Traumatic Stress Disorder. The seminar will explain mindfulness-based case-formulation, and mindfulness based psychotherapy as a systematic approach for enabling detached, non-judgmental observation of almost any inner or outer world event. The purpose of this approach is to maintain congruence with the client's own experience; maximise client engagement moment to moment and to cater to the client's mental resources.

**PM**

## **Applying neuroscience to the treatment strategy of a traumatised patient**

**Dr Nuri Gene-Cos**

This presentation and workshop will consider the importance of neuroscience in the development of an effective psychotherapeutic treatment strategy for a traumatised patient. Using case material we will consider how we can apply an understanding of the neurological organisation of the emotional operating systems, specific neural circuits affected by trauma and the extent to which the brain or nervous system may be compromised by the trauma, and how to adapt that knowledge to provide the most effective treatment for each individual patient.

**Thursday 8 July 2010**

**AM**

## **Sensorimotor psychotherapy as an effective treatment of single incident and sudden impact trauma in the otherwise resilient adult**

**Tony Buckley**

In sensorimotor psychotherapy, although a talking therapy, body sensation and movement patterns - rather than client narratives - are the entry points of treatment. Following trauma, the body often holds the unprocessed traumatic material in the form of autonomic dysregulation, and the intrusive re-experiencing of images, sounds, smells and associated sensations. There is also often constriction, pain and numbing which accompany reactivation of the defensive movement patterns (fight, flight, freeze) all part of our natural survival response. In this presentation will look at ways of safely working with traumatised individuals within the constraints of short-term treatment. Exploring somatically-focused treatment interventions participants will learn sensorimotor techniques for stabilisation and symptom reduction. The presentation will explore reinstatement of active defences as a primary aim towards treatment resolution.

**Thursday 8 July 2010**

**PM**

## **Sensorimotor Psychotherapy as an effective treatment for the repeatedly traumatised client with complex childhood trauma**

**Dr Liz Hall**

Sensorimotor psychotherapy is an equally effective treatment for longer term clients with complex childhood trauma. It requires careful pacing in order to reduce the dysregulation caused by multiple triggering of traumatic effects. The key emphasis is on working within the therapeutic relationship – itself a triggering environment – to avoid potentially de-stabilising the client. This presentation will build on somatic awareness and bodily based interventions of the morning's presentation but will incorporate working with the Structural Dissociation model within a sensorimotor framework. Central themes to be explored include embodying boundaries, self (of therapist) and interactive regulation. Participants will explore means of enabling dissociated clients to re-establish a connection with the present. The body is often the site and source of our pain from life's injuries. The presentation will therefore explore somatic resourcing for clients for whom the body has become disowned, avoided or perceived as the 'enemy'.

**Friday 9 July 2010**

**Morning**

## **The roots of trauma in Dissociative Identity Disorder (DID)**

**Adah Sachs**

DID, the most severe form of dissociative disorders, is invariably linked to extreme traumatic experience, usually originating in childhood or infancy, and often still occurring. As well as the confusion of the person's multiplicity, the therapist is also exposed to very distressing and largely uncorroborated trauma narratives, and to frequent states of emergency. It is often hard to know how to view this volatile material and how to respond to it clinically. This seminar will focus on recent theoretical development regarding the effects of extreme childhood trauma, and the implications for therapy with people who have DID.

**PM**

## **Psychoanalytic approaches to the treatment of trauma**

**Dr Valerie Sinason**

This talk offers a brief psychoanalytic history of how trauma has been conceptualised from Freud and Ferenczi to current thinking. At different historic times the internal consequences of trauma have been privileged more than the external reality and vice versa. The nature of treatment is affected by the theoretical model the clinician has in their mind. In working with learning disability and trauma and with severe dissociative disorders, the talk aims to show how patients point the way to the treatment that aids them most, leading to a fine balancing of the internal and external worlds. Sometimes the internal world with all its terrors and archaic templates is a distraction from outer reality, sometimes the reverse is true. How does the clinician avoid secondary traumatising whilst avoiding protectionist pseudo-professionalism to protect them from the power of the patient's traumatic narrative?

# SPEAKERS

## **Tony Buckley**

Tony Buckley is a qualified teacher and supervisor and currently the manager of the Counselling and Trauma Service for Transport for London (London Underground) which offers a time-limited trauma service. Tony has completed the Sensorimotor Trauma and Developmental Trainings. He is also a teacher in training with the Sensorimotor Psychotherapy Institute and is the chair of the UK Association of Sensorimotor Psychotherapists. Tony Buckley has 18 years experience in the therapeutic field which includes private practice, managing a university counselling service and 12 years in the field of adolescent counselling.

## **Dr Nuri Gene Cos**

Nuri Gene Cos PhD, LMC, MRCPsych is a Consultant Psychiatrist and trauma therapist at the Traumatic Stress Service, The Maudsley Hospital, London, where she specialises in neuropsychiatry and individual therapy work for people with stress disorders (including Post Traumatic Stress Disorder). She has a special interest in developmental trauma, violence, accident and war and works with victims who have brain injuries as well as psychological conditions. Her doctoral research focused on the psychophysiology in anxiety disorders and she has published several papers in relation to neuropsychiatric issues, bilingualism in relation to psychiatric symptomatology and PTSD. She is currently one of the two lead clinicians for the implementation of the PTSD NICE (National Institute of Clinical Excellence) guidelines in SLAM (South London and Maudsley).

## **Dr Liz Hall**

Liz Hall has been a clinical psychologist since 1974 and a psychotherapist since 1983. She worked in the mental health services of the NHS in Scotland before moving into private practice in Lincoln in 1995. Liz has over thirty years' experience of working with clients presenting complex trauma and dissociative states. She co-authored the book *Surviving Child Sexual Abuse* (with Siobhan Lloyd, 1989, updated 1993). She now works in private practice with similar clients and has a busy forensic practice providing expert reports for the family courts. Liz is the UK Training Organiser for the Sensorimotor Psychotherapy Institute. She has completed the Sensorimotor Trauma and Advanced Trauma Trainings (for working with complex trauma clients) and the Developmental Training and is also part of the Sensorimotor Psychotherapy Institute's Teacher-in-Training Programme.

## **Morit Heitzler**

Morit Heitzler is a psychotherapist, supervisor and trainer who teaches on various training courses and regularly leads workshops and groups. Through her work in Israel, and at the Traumatic Stress Service of the Maudsley Hospital (2002-2006), and the Oxford Stress and Trauma Centre (since 2006) she has treated a wide variety of PTSD symptoms experienced by traumatised clients including refugees and asylum seekers. She has developed an integrative approach, incorporating – within an overall relational perspective – somatic trauma therapy, body psychotherapy, attachment theory, EMDR, modern neuroscience and family constellations work. She has published several papers on this area.

## Alexandra (Sandi) Richman

Alexandra Richman is a Chartered Clinical Psychologist specialising in the treatment of victims of acute trauma, torture and personal injury, adult survivors of childhood abuse and dissociative disorders. In addition to conducting a private practice Alexandra is a Consultant Clinical Psychologist with the Traumatic Stress Service at the Maudsley Hospital in London. Alexandra is an Approved Consultant and Trainer in EMDR. She has presented on the treatment of complex PTSD at numerous international and national conferences.

## Adah Sachs

Adah Sachs is an Attachment-based Psychoanalytic Psychotherapist, and has worked for many years as a psychotherapist in psychiatric hospitals, with adults and adolescents. She is a consultant psychotherapist at the Clinic for Dissociative Studies, and a training supervisor and visiting lecturer at the John Bowlby Centre and at the Centre for Child Mental Health. She lectures widely on trauma and dissociation, and maintains a small private practice. Her co-edited book *Forensic Aspects of Dissociative Identity Disorder* was published by Karnac in 2008.

## Dr Valerie Sinason

Valerie Sinason PhD, MACP, M Inst Psychoanal, is a poet, writer, child, adolescent and adult psychotherapist and adult psychoanalyst. She is Director of the Clinic for Dissociative Studies, President of the Institute for Psychotherapy and Disability (IPD) and Hon Consultant Psychotherapist for the University of Cape Town Child Guidance Clinic. She formerly was a Consultant Psychotherapist at the Tavistock Clinic and Consultant Research Psychoanalyst at St Georges Hospital Medical School. A 2nd edition of her seminal book *Mental Handicap and the Human Condition* is about to be published by Free Association Books and a 2nd edition of her edited book *Attachment, Trauma and Dissociation* from Routledge.

## Henry J. Whitfield

Henry Whitfield MSc (CBT/REBT) MBACP focuses his research interests on the theoretical and practical integration of mindfulness with cognitive behavioural theories, Acceptance and Commitment Therapy processes and in case-formulated applications of mindfulness. After 4 years as a trauma specialist for Victim Support Lambeth, Henry is now conducting empirical research for City and Hackney MIND, investigating the process of values within different approaches to trauma counselling.

## Dr Felicity de Zulueta

Felicity de Zulueta is a consultant psychiatrist in psychotherapy heading the Traumatic Stress Service in the Maudsley Hospital, London and is an Honorary Senior Clinical Lecturer in Traumatic Studies at the Institute of Psychiatry. Dr de Zulueta is also a Group Analyst and a Systemic Family Therapist whose main interests lie in the study of attachment, psychological trauma as well as bilingualism. She is author of *From Pain to Violence, the Traumatic Roots of Destructiveness* (1993, Whurr) and many chapters on the subject. She is also a founding member of the International Attachment Network.

# BOOKING FORM

## TRAUMA SKILLS SUMMER SCHOOL

It is simple, safe and quick to book online at

[www.confer.uk.com](http://www.confer.uk.com)

but you can also fill out the form below and return it by post

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### I am booking for the following days:

- Monday 5 July 2010
- Tuesday 6 July 2010
- Wednesday 7 July 2010
- Thursday 8 July 2010
- Friday 9 July 2010

### I enclose a cheque

made payable to Confer Ltd for £ \_\_\_\_\_

**OR** we can deduct the conference fee from your credit card:

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# INFORMATION

**Venue** 2nd Floor Brunei Gallery, Thornhaugh Street, London WC1

**Times** 9.30 Registration  
10.0 Morning session  
13.0 Lunch break  
14.0 Afternoon session  
17.0 End

**Dates** Monday 5 July to Friday 9 July 2010

**CPD** 25 HOURS. Certificates of Attendance will be given

**Fees** **Self Funded:**  
Complete course: £520  
Single days: £150

**Organisationally funded:**  
Complete course: £750  
Single days: £200

Self-funded participants can spread the fee over 2 payments of £260 (online booking only) up until 1 June 2010

**Refreshments** 2 servings of tea/coffee are included  
Lunch is not included

**Booking Online** [www.confer.uk.com](http://www.confer.uk.com)

**Booking Conditions** We regret that refunds cannot be given in any circumstances unless you cancel your place in writing before 1 June 2010, in which case we will give you a 50% refund. If you need to cancel after 1 June you may pass on your place to another person.

**Further information** 01728 689090  
[info@confer.uk.com](mailto:info@confer.uk.com)  
[www.confer.uk.com](http://www.confer.uk.com)

**Public transport** Russell Square underground

**Programme devised by** Jane Ryan with Dr Stephanie Davis

Director of Confer: Jane Ryan  
Academic Consultant: Brett Kahr  
Organisational Development: Richard Hawkes  
Event Manager: Michelle Fanus  
Administrator: Sonal Dhadphale  
Design: Hollie Folan (Creatifbox Ltd)  
Web: Ryan Murphy

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

Confer Ltd Company No: 4962966  
VAT Reg: 823594025

