

TRAUMA SKILLS a seminar series

WEDNESDAY EVENINGS - JANUARY TO APRIL 2012



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

LONDON

INTRODUCTION

The aim of this 10-seminar programme is to present some of the most recent developments in the treatment of trauma related disorders.

The programme, taught leading specialists in the field of trauma and dissociation, is designed for psychologists and psychotherapists wishing to develop their knowledge and skills in the treatment of:-

- Diagnosis of trauma related disorders
- Assessment of the patient's capacity for specific treatment approaches
- Distinguishing between different types of trauma, such 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

Wednesday 18 Jan 2012 -- Dr Isha McKenzie-Mavinga

Recognising ancestral baggage in the client's history of trauma

Eurocentric theory and attitude are challenged when we work with family origins, cultural context and intergenerational trauma of the Afro-Caribbean population, and such approaches can cause a further trauma - that of non-recognition. This presentation considers how we can recognize and witness the inherited effects of slavery and colonialism in the narratives of Afro-Caribbean psychotherapy clients to acknowledge the impact of trauma on those gone before so we can work towards integration in the present.

Wednesday 25 Jan 2012 -- Morit Heitzler

Relational Body Psychotherapy - an integrative approach to trauma work

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 1 February 2012 -- Tony Buckley

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

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.

Wednesday 8 February 2012 -- Dr Valerie Sinason

Psychoanalytic approaches to the treatment of trauma

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 traumatisation whilst avoiding protectionist pseudo-professionalism to protect them from the power of the patient's traumatic narrative?

Wednesday 22 February 2012 -- Dr Nuri Gene-Cos

Applying neuroscience to the treatment strategy of a traumatised patient

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.

Wednesday 29 February 2012 -- Dr Doris Brothers (by video-link from NY)

A Relational Systems Approach to Trauma: transforming experiences of unbearable uncertainty

In her 2008 book, *Toward a Psychology of Uncertainty: Trauma-Centered Psychoanalysis*, Dr. Doris Brothers proposes that trauma, by destroying the certainties that organize our experiential worlds, threatens the traumatized person with psychological annihilation and ushers in extreme efforts at self-restoration. These efforts often involve denials of sameness and difference and the creation of black and white dichotomies that are held with rigid certitude. Dr. Brothers' approach to treatment, which employs a relational systems perspective, takes into account that analysts are just as likely to have suffered past traumas as their patients and that both may have been affected by traumas that occurred in earlier generations. She illustrates her talk with a number of clinical examples.

Wednesday 7 March 2012 -- Alexandra (Sandi) Richman

Distinguishing complex childhood trauma from PTSD in the otherwise healthy adult, with implications for treatment

The seminar will cover diagnostic issues in identifying traumatic experiences that are rooted in childhood and differentiating these from traumas experienced by otherwise healthy adults that may result in PTSD and a disruption in their self-reflective functioning. The seminar will consider implications for planning an appropriate treatment strategy and will be illustrated with case material.

Wednesday 14 March 2012 -- Dr Felicity de Zulueta

Childhood, developmental and attachment trauma

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.

Wednesday 21 March 2012 -- Adah Sachs

The roots of trauma in Dissociative Identity Disorder (DID)

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.

Wednesday 28 March 2012 -- Dr Liz Hall

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

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.'

SPEAKERS

Tony Buckley

Tony Buckley is a qualified Sensorimotor Psychotherapist, teacher and supervisor and is the manager of the Counselling and Trauma Service for Transport for London (London Underground) which offers a time-limited trauma service. 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 20 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 Doris Brothers

Doris Brothers PhD is a psychologist/psychoanalyst whose work is informed by self psychology and intersubjectivity theory. She is a co-founder and training and supervising analyst at The Training and Research Institute for Self Psychology (TRISP) in New York. Her books include *The Shattered Self: A Psychoanalytic Study of Trauma*, which was co-authored with Richard Ulman; *Falling Backwards: An Exploration of Trust and Self Experience*; and *Toward a Psychology of Uncertainty: Trauma-Centered Psychoanalysis*.

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 is now a Certified Advanced Practitioner in Sensorimotor Psychotherapy having completed Sensorimotor psychotherapy training at all levels.

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.

Dr Isha Mckenzie-Mavinga

Isha Mckenzie-Mavinga, PhD, is an Integrative Transcultural Psychotherapist and writer. She set up therapeutic services at the African Caribbean Mental Health Association and group work with women impacted by violence in relationships. Isha is a senior lecturer at London Metropolitan University and teaches transculturalcounselling at The University of London Goldsmiths College. She has published several papers and a book based on her Doctoral study with trainee counsellors, *Black issues, Black Issues in the Therapeutic Process* (2009).

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.

Dr Felicity de Zulueta

Dr Felicity de Zulueta is an Emeritus Consultant Psychiatrist in Psychotherapy at the South London and Maudsley NHS Trust and Honorary Senior Lecturer in Traumatic Studies at Kings College London as well as being a Group Analyst. She developed and headed the Traumatic Stress Service in the Maudsley Hospital which specialises in the treatment of people suffering from Complex Post Traumatic Stress Disorder including borderline personality and dissociative disorders. She has published papers on the subject of Bilingualism and PTSD, BPD and dissociative disorders from an attachment perspective and is author of the book *From pain to Violence; the traumatic roots of destructiveness* (2nd updated edition published by John Wiley and Sons, March 2006). She works as a free lance consultant psychotherapist with a training in psychoanalytic psychotherapy, systemic family therapy, group analysis, EMDR and Lifespan Integration.