



the minster centre
psychotherapy • counselling • training

TRAUMA AND THE THERAPEUTIC RELATIONSHIP

Exploring the subtle processes of embodied attunement, empathy and integration.

MARGARET LANDALE

Saturday 24 March 2018: 10am – 5pm.

There have been significant advances in the understanding and treatment of trauma in recent years, which has led to the development of a range of effective trauma processing models. However, these models have their limitations when we are faced with complex trauma issues, which may have their roots in early childhood and represent unstable, neglectful or abusive attachment scenarios. This workshop will offer an opportunity for participants to reflect deeply on the complex dynamics and processes we encounter when working with early trauma issues. We will draw on relevant clinical material and vignettes to illustrate processes of enquiry into complex trauma identity. We will consider issues of building trust, developing embodied empathic attunement, reading the 'body's language' of trauma, engaging with dissociative processes and helping our client develop their capacity for embodied awareness, self-reflection and stabilisation. The day will have a practical clinical focus throughout, and there will also be opportunities for participants to bring their own clinical material and reflect on specific clinical dilemmas they might be facing.

Margaret Landale is an experienced psychotherapist and supervisor. She has been a training director at the Chiron Centre for Body Psychotherapy in London and delivers workshops and talks nationwide on subjects such as somatization, complex trauma and embodied empathy. Having been a meditator for many years, she has become increasingly interested in the integration of mindfulness in psychotherapy and has taught on the 'mindfulness in individual psychotherapy' module at the Centre for Mindfulness Research and Practice, Bangor University. Publications include: *'Working with psychosomatic distress and developmental trauma'* in: *Contemporary Body Psychotherapy – The Chiron Approach*, Linda Hartley ed., Routledge 2009. *'The use of imagery in body oriented psychotherapy'* in *Body Psychotherapy*, Tree Staunton ed., Brunner-Routledge, 2002.

COST: £95 (non-members) £80 (members).

Please contact Reception to book a place: reception@minstercentre.org.uk.

Venue: The Minster Centre, 20 Lonsdale Road, Queens Park, NW6 6RD.

CPD CERTIFICATES WILL BE PROVIDED

The Minster Centre - Pioneers of Integrative Training since 1978

We are proud to offer a unique perspective on psychotherapy and counselling training, as we combine a strong theoretical integrative grounding with an emphasis on the importance of experiential learning.