



SPTI Certificate

A relational approach to the treatment of trauma

November 2018 - May 2019

The programme is organised in **four 2-day weekend workshops**

Start Date: 17th November 2018

Training: Saturdays & Sundays – 9.30-5pm

Venue: **Be-ing Psychotherapy, Derby, DE1 1FT**

Building on over 30 years' experience of training psychotherapists to a high standard, the Sherwood Psychotherapy Training Institute is pleased to offer a series of four weekend workshops exploring a relational approach to the treatment of trauma.

Who are the workshops for?

During the course of their work, professionals are likely to come across individuals who have experienced psychological trauma. In the face of what seem like intractable difficulties or behaviour which is hard to understand, we can feel ill-equipped to know how to respond.

The first workshop is designed for any professional whose work brings them into contact with people who have experienced trauma.

The following three workshops are intended for counsellors, psychotherapists and mental health practitioners who wish to develop their practice to include a relational approach to working with trauma.

Course aims

The fundamental aim of the training is to provide practitioners with theoretical and practical exposure to modern views in the field of trauma treatment. This will enable them to develop understanding and competence in their field, deepening their knowledge base philosophically, theoretically and clinically, and from this to enable an integration within their field of work and practice.

Why study psychological trauma at SPTI?

Many of the current approaches to working with trauma are based on cognitive or behavioural models which emphasise helping techniques, but run the risk of neglecting the uniqueness of the traumatised person and the particularity of their experience. SPTI's core therapeutic philosophy emphasises the significance of the relationship between therapist and client in the successful outcome of therapy, and this series of workshops will take an intentionally relational approach to working therapeutically with trauma.

In addition, the workshops will balance the learning of theory and application to therapeutic practice, with the aim of enabling course members to develop their own integrative approach to therapeutic work with clients who have experienced trauma.



How is the course delivered?

The course is offered as 4 workshops, which participants can either attend as stand-alone CPD events, or as a series leading to the *SPTI Certificate in a Relational Approach to the Treatment of Trauma*. Participants who attend individual workshops will be issued with a Certificate of Attendance. In order to qualify for the *SPTI Certificate*, participants must:

- have 100% attendance
- evidence 30 hours of appropriately supervised trauma related therapeutic work
- submit a 3,000 word case study demonstrating knowledge, understanding and application to practice of trauma theory
- pass a competency profile

Workshop 1: 17th & 18th November 2018

Workshop 2: 19th & 20st January 2019

Workshop 3: 16th & 17th March 2019

Workshop 4: 11th & 12th May 2019



What will I learn?

Workshop 1: *The Psychophysiology of trauma and implications for practice*

In workshop 1 you will

- explore definitions of psychological trauma, PTSD, and complex trauma.
- gain a historical overview of the development of perspectives on trauma over time
- be introduced both to healthy brain structure and the effects of trauma on the brain
- learn about physiological, biological, neurological and psychological responses to trauma including the stress response and polyvagal theory
- consider the role of mirror neurons

Workshop 2: *The development of resilience: the defensive response and the consequences of trauma*

In workshop 2 you will

- consider pre-morbidity and trauma.
- look at relational history taking and relational diagnosis in respect of trauma
- critique current theory and clinical approaches to trauma.
- begin to develop the integration of trauma theory within your own modality.

Workshop 3: *A relational response to working through trauma*

In workshop 3, you will

- discover applications and practical interventions.
- consider the significance of a developmental and relational perspective.
- consider the role of the therapist, including the importance of being a witness.
- identify the use of external resources, (e.g. medication, mindfulness and mentalisation)

Workshop 4: *The remarkable use of self within an in-depth response to complex trauma*

In workshop 4, you will

- learn how the relationship can improve outcomes in complex trauma.
- identify signs of recovery.
- make an assessment of the efficacy of interventions used.
- discuss the use of supervision and the necessity of therapist self-resourcing.



How will I be taught?

Each workshop will be facilitated by two tutors and will include formal input, supported by handouts and other teaching materials, and discussion and experiential work by course members in small and large groups. Course members therefore need to be prepared to collaborate in active learning methods and, within the boundaries of personal safety, to bring their experience, both personal and professional, as a resource for their own and others' learning.

Who will be teaching the course?

The course leaders are **Dr Lorraine Price** and **Rosemary Langford Bellaby** who are both UKCP registered psychotherapists and supervisors. Both have a particular interest in traumatology and in particular therapeutic work with traumatised clients. They are currently co-authoring a book on working with trauma from a relational-developmental perspective.

Dr Lorraine Price



Following qualification as an integrative psychotherapist, **Lorraine** has 13 years of clinical experience as a therapist and supervisor and has been Programme Leader for the Sherwood Institute MSc in Integrative Psychotherapy since 2010. She is a qualified EMDR practitioner and pursued her interest in trauma and, in particular, early developmental trauma, by undertaking a PhD in Psychology. She has developed her thesis into a book on the subject (*Better Late Than Never: The Reparative Therapeutic Relationship in Regression to Dependence*) which was published in 2016.

Rosemary Langford-Bellaby



Rosemary's interest in psychotherapy began during her time as a psychiatric nurse when she was working with patients whose cumulative trauma led to self-harming behaviour and with PTSD in Falklands veterans. This work led to more similar referrals, to further training in this area and to invitations to work and lecture in countries such as Croatia and Israel where trauma has been a dominant feature. Recognising the limits of treatment options available at the time, she undertook psychotherapy training firstly as a Gestalt practitioner and subsequently in Integrative psychotherapy. She has nearly 40 years of clinical experience, extensive experience as a trainer and Programme Leader in different contexts and was Director of Training at the Sherwood Institute from 2002 to 2010.



How much will it cost?

The full cost of each 2-day workshop is £270, but those booking before 31st July 2018 will qualify for an early bird rate of £250.

The cost to SPTI members will be £240 per workshop or £225 with an early bird discount.

Methods of payment

Cheques

Please make cheques payable to SC&P Please do not send cash in the post. Cash can only be accepted as the full correct amount in person at Thiskney House during office hours.

BACS

Bank transfers should be made to NATWEST, 134 Front St, Arnold, Nottingham

Sort code: 54-21-51 Account Number: 30516935 (Please include Surname, Forename and CTra as the payment reference)

Early bird discount

To pay for the full Certificate course (4 two day workshops) prior to **31st Aug 2018**, the fee is £1000 or £900 (SPTI members)

Standard Fee (1st Aug 2018 – Autumn 2018)

To pay for the full course after 31st July but prior to course commencement, a payment of £1080 or £960 (SPTI members) due on **20th October 2018**

*To pay for individual workshops, payment should be made one month prior to each workshop or for **early bird discount before 31st Aug 2018***

Sat/Sun 17/18 th November 2018	Payment Due date	20 th October 2018
Sat/Sun 19 th /20 th January 2019	Payment Due date	20 th December 2018
Sat/Sun 16 th /17 th March 2019	Payment Due date	20 th February 2019
Sat/Sun 11 th /12 th May 2019	Payment Due date	12 th April 2019

As places are limited on this course, please can interested applicants contact Admissions immediately in order to secure a place. **Full payment or a deposit of £50 per workshop is required to secure your place.**

For more information, please contact

SPTI Admissions

0115 844 7904

admissions@spti.net