

**CERTIFICATE/DIPLOMA IN  
CONTEMPORARY TRAUMA PRACTICE:  
MIND, BODY AND RELATIONSHIP**  
*Developing Competence in Applying  
Neuroscience to Therapy*  
**January – November 2017**



**Led by Miriam Taylor**  
**with Guest Trainers Sally Denham-Vaughan, Ed Fellows  
and Margaret Landale**  
**Six modules (72 hours)**  
**Central Oxford**

This programme of six two-day workshops will build your confidence, skills and understanding in working with trauma, especially complex trauma.

Grounded in a relational perspective, the programme will offer a safe, non-pathologising and accessible approach to working with trauma. It will offer a combination of relational, embodied and experiential perspectives on trauma, including pragmatic ideas on psycho-education and experimental interventions.

The course will be creative and rigorous and have an emphasis on practice. It will be underpinned with input on, and discussion of, neuroscience, trauma theory, embodiment and developing resilience as a practitioner.

This programme is suitable for counsellors, psychotherapists and other mental health practitioners who wish to extend their work with trauma, including those with an interest in using relational principles based on humanistic practice.

We will place an emphasis on developing a supportive training environment where you can build confidence in working with people presenting with trauma, complex trauma and dissociation. The focus will be on gaining an understanding of the impact of trauma on individuals and in the wider field. We will support this process by developing your ability to work with unspoken and embodied processes, including your own. As we work together to extend your practice to include a trauma focus you will learn a range of effective interventions; both psycho-educational and experimental.

**Venue:**

Friends Meeting House,  
St Giles, Oxford, OX1 3LW.

**Dates:**

January 13/14 2017  
March 10/11 2017  
May 19/20 2017  
July 14/15 2017  
September 15/16 2017  
November 3/4 2017

**Times:**

9.30am – 5.30pm each day

**Cost:**

£1,650 or £1,350 early bird price  
for booking prior to 31 October  
2016  
(£1,800 and £1,500 for  
organisations).  
Deposit £150. Monthly payment  
options are available.

For more information or to book  
call or email:

Martin Capps on 07941 647740  
[martin@relationalchange.org](mailto:martin@relationalchange.org)



# Structure of Programme

## **Module 1: 13 – 14 January 2017**

**Miriam Taylor**

An introduction to the fundamental concepts of neuroscience and their relevance to the experience of trauma, informing the approach and methodology for working with trauma.

## **Module 2: 10 – 11 March 2017**

**Miriam Taylor**

The neurobiology of fear and dissociation and how to work with them

## **Module 3: 19 – 20 May 2017**

Deepening Support: Top Down and Bottom Up

**Day 1:** Cognitive approaches

**Day 2:** Somatic approaches

**Sally Denham- Vaughan**

**Margaret Landale**

## **Module 4: 14 -15 July 2017**

**Miriam Taylor**

Trauma and relationship. Developing an understanding of the impact of trauma on the victim's sense of self and their way of being in the world, including with the therapist, and appropriate interventions.

## **Module 5: 15 – 16 September 2017**

Working Through the Trauma

**Day 1:** Sequencing of body memory; skills development

**Margaret Landale**

**Day 2:** Processing slivers of memory; trauma sensitive yoga

**Ed Fellows**

## **Module 6: 3 – 4 November 2017**

**Miriam Taylor**

The Legacy of Trauma

Integration, positive growth and living without fear

A full course outline is available at [www.relationalchange.org](http://www.relationalchange.org) and will be sent to you on booking

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This course can be completed at three levels:

- 1. Attendance Certificate**
- 2. Certificate Award - £150 extra**
- 3. Diploma Award - £250 extra**

Further details are available on the website ([www.relationalchange.org](http://www.relationalchange.org)) or can be provided on request and/or on booking.

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Early bird cost £1,350 for individuals, £1,500 for organisations, available for booking prior to 31 October 2016 with the required non returnable deposit of £150. After this date the full fee £1,650 for individuals, £1,800 for organisations will be payable. We expect demand to be high so early booking is advisable. The balance will be payable four weeks prior to the first workshop. If you would prefer to pay by instalments, this can be arranged by speaking to Martin Capps.

Book by calling (07941 647740) or emailing ([martin@relationalchange.org](mailto:martin@relationalchange.org)) Martin.

Cancellation: 75% will be refunded if cancelled within four weeks of the workshop, 50% if cancelled within two weeks. If a replacement can be found for your place a full refund will be given less the deposit.



**COURSE LEADER - Miriam Taylor** is a UKCP registered Gestalt psychotherapist, supervisor, trainer and author who specialises in working with trauma. She has been in clinical practice since 1995 and has worked as Clinical Lead in a young peoples' counselling service and as a Consultant Therapist in an independent trauma service. Miriam has over 30 years' experience of teaching adults, and presents workshops and talks both in the UK and abroad. Her main teaching focus is on trauma, complex trauma, dissociation, embodiment and the relational field. In conjunction with Metanoia Institute in London, she carried out a collaborative research study into trauma interventions (in press). Miriam is author of *Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body*, 2014. She is an Associate of Relational Change.

**GUEST TRAINER - 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. '*The use of imagery in body oriented psychotherapy*' in *Body Psychotherapy*, Tree Staunton ed.



**GUEST TRAINER - Ed Fellows** is a Gestalt therapist, supervisor and yoga practitioner and is also trained in Sensorimotor Psychotherapy and EMDR. He works as a psychotherapist in a GP surgery and in private practice. Ed is a member of the Complex Trauma and Dissociation Group at the Maudsley Hospital, London, where he works with individuals and groups. Having a background as an artist, and a yoga teacher, Ed brings many years of working creatively with body awareness and movement into psychotherapy. His work is also informed by growing up with animals from whom he learned early lessons about movement and healing. Ed is a trainer in this country, including for Confer, as well as in Europe.

**GUEST TRAINER - Dr Sally Denham-Vaughan** is an HCPC dual accredited Clinical and Counselling Psychologist and a UKCP Registered Gestalt Psychotherapist, Trainer and Supervisor. She has over 30 years experience in Mental Health having worked as a District Psychologist and Consultant Clinical Lead in Primary Care/IAPT services. One of her core specialties is working with clients with complex PTSD. She is a member of the Editorial Advisory Board of the *British Gestalt Journal* and International Faculty Associate at the Pacific Gestalt Institute in California. She is the Co-Founder of Relational Change, an International Organisation specialising in developing Relational Approaches in theory and practice.



**COURSE MANAGER AND ADMINISTRATOR - Martin Capps** is a UKCP registered gestalt psychotherapist and supervisor with over 19 years of experience in the private, NHS and third sectors as a counsellor, psychotherapist, supervisor and trainer. He is interested and experienced in working with all forms of addictive processes. He trains and teaches on the Gestalt and Integrative psychotherapy trainings of the Welsh Psychotherapy Partnership in Cardiff. He works from his home near Ross-on-Wye, as well as in Chepstow and is a member of the leadership team of Relational Change.

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The course can be completed at three levels:

**1. Attendance Certificate**

- a. 90% attendance minimum
- b. Reflective journal - optional
- c. A 10 minute case presentation to the whole group demonstrating the use of an effective intervention and learning from the course, followed by 10 minutes discussion

**2. Certificate Award**

- a. Fee £150
- b. 90% attendance minimum
- c. A reflective journal, ungraded, to be handed in at the end of November;
- d. A 10 minute case presentation to the whole group demonstrating the use of an effective intervention and learning from the course, followed by 10 minutes discussion;
- e. A 1000 word review of any book from supplied book list. Consider the structure, the main themes, and the relevance to your own practice.

**3. Diploma Award**

- a. Fee £250
- b. 90% attendance minimum
- c. A reflective journal, ungraded, to be handed in at the end of November;
- d. A 10 minute case presentation to the whole group demonstrating the use of an effective intervention and learning from the course, followed by 10 minutes discussion;
- e. A 2500 word literature commentary to be handed in at the end of November.