

**CERTIFICATE/DIPLOMA IN
CONTEMPORARY TRAUMA PRACTICE:
MIND, BODY AND RELATIONSHIP**
*Developing Competence in Applying
Neuroscience to Therapy*
September 2018 – May 2019



Led by Miriam Taylor
**with Guest Trainers Sally Denham-Vaughan, Ed Fellows
and Margaret Landale**
Six modules (90 hours)
Ely, Cambridgeshire

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:

Bishop Woodford House,
Barton Road, Ely, CB7 4DX.

Dates:

September 14/15 2018
October 19/20 2018
December 7/8 2018
January 11/12 2019
March 29/30 2019
May 24/25 2019

Times:

9.30am – 5.30pm each day

Cost:

£1,650 or £1,350 early bird price
for booking prior to 30 April 2018
(£1,800 and £1,500 for
organisations).
Deposit £150.
Monthly payment options are
available.
Accommodation is extra.

For more information or to book
call or email:

Martin Capps on 07941 647740
martin@relationalchange.org



Structure of Programme

Module 1: 14 - 15 September 2018

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: 19 – 20 October 2018

Miriam Taylor

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

Module 3: 7 – 8 December 2018

Deepening Support: Top Down and Bottom Up

Day 1: Cognitive approaches

Day 2: Somatic approaches

Sally Denham- Vaughan

Margaret Landale

Module 4: 11 – 12 January 2019

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: 29 – 30 March 2019

Working Through the Trauma

Day 1: Sequencing of body memory; skills development

Day 2: Processing slivers of memory; trauma sensitive yoga

Margaret Landale

Ed Fellows

Module 6: 24 – 25 May 2019

Miriam Taylor

The Legacy of Trauma

Integration, positive growth and living without fear

A full course outline is available at www.relationalchange.org and will be sent to you on booking

This course can be completed at three levels:

- 1. Attendance Certificate**
- 2. Certificate Award - £200 extra**
- 3. Diploma Award - £400 extra**

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

Early bird cost £1,350 for individuals, £1,500 for organisations, available for booking prior to 30 April 2018 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. 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) Martin.

Cancellation: Please note that you are committing to taking the whole training. The balance will be payable four weeks prior to the first workshop if arrangement for instalments has not been made. If you cancel within four weeks of the workshop 25% of the fee will be payable, 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 has taught on the Gestalt and Integrative psychotherapy trainings of the Welsh Psychotherapy Partnership in Cardiff and is currently a tutor at the Centre for Supervision and Team Development, Bath. 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 £200
- 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 1,500 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 £400
- 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 4,000 word literature commentary to be handed in at the end of May 2019.