

WORKING AT RELATIONAL DEPTH WITH DEVELOPMENTAL AND INTERPERSONAL TRAUMA




Beacon House
Therapeutic Services and Trauma Team

18TH SEPTEMBER 2024 | £120 | 10AM - 4PM

The experience of prolonged trauma and neglect from caregivers can have a significant impact on attachment and the relationship to self and others. People who have experienced trauma of this kind, from the earliest years of their lives, often grow up to become adults who develop significant challenges with mentalizing, recognising and regulating emotions and dissociation as well as experiencing chronic feelings of guilt and shame.

People who have experienced relational trauma can experience interpersonal difficulties, including lack of trust, difficulty in understanding other people's needs or motivations, and both a profound fear and expectation of mistreatment, neglect and abandonment. Attachment and survival strategies which have formed in childhood as a way of ensuring safety may not always be understood by others in adulthood and misunderstandings can lead to rupture in relationships.

As therapists we should anticipate that these same interpersonal difficulties and attachment adaptations will almost certainly be enacted in the therapeutic relationship, and this can often present challenges to practitioners as we attempt to work through inevitable ruptures without re-traumatising the people we are working with.

This training will guide practitioners on how to use relational, trauma-informed psychotherapy and mentalization to work at depth with people who have experienced complex developmental, interpersonal and attachment trauma.

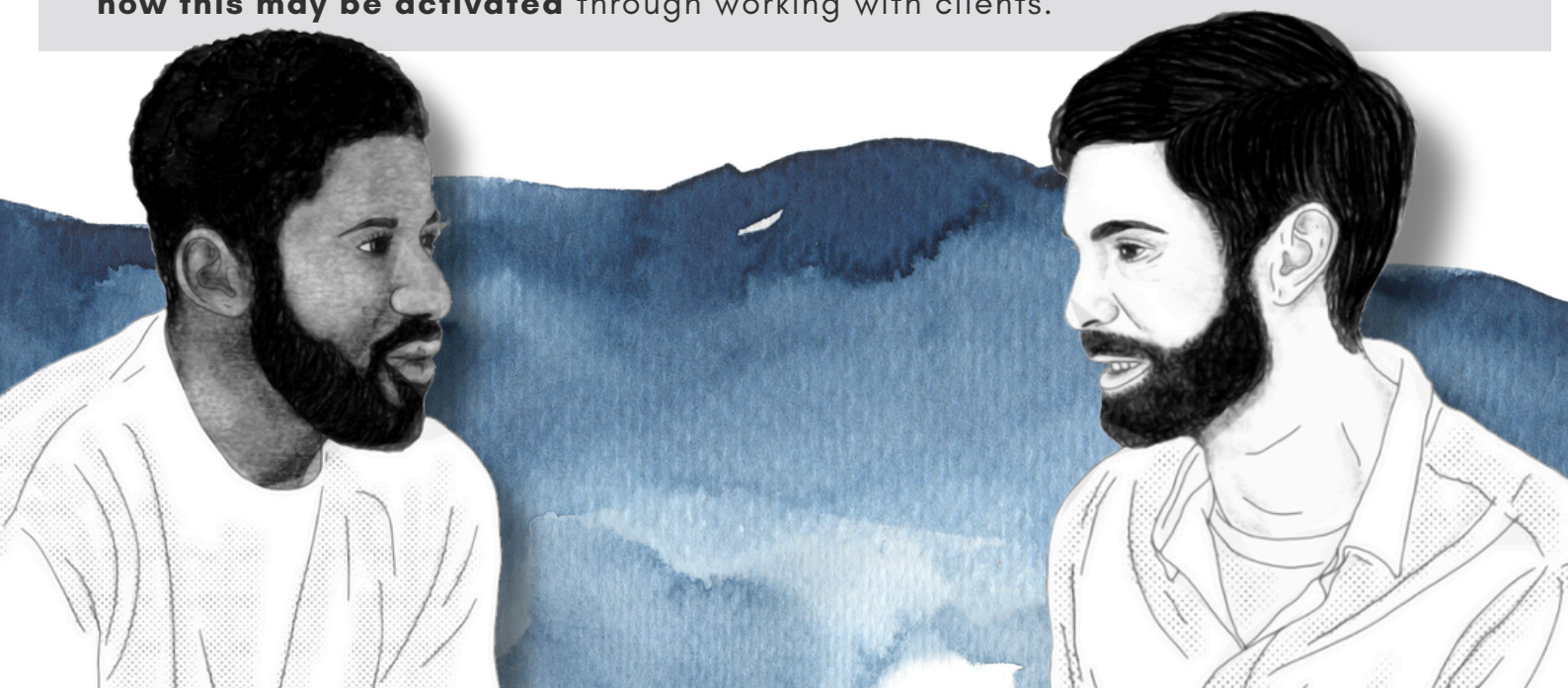
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Drawing from relational approaches, mentalization and trauma-informed models, this workshop will give participants an in-depth understanding of concepts such as:

- **How relational trauma/wounds show up** in the therapeutic dyad/relationship.
- **Building and maintaining** a trauma-informed therapeutic alliance
- Therapy as a **relational two-person** model
- **Working with dissociation**
- **Understanding multiplicity** of self-states and parts work
- **Recognising when relational wounds** have been triggered
- **How to cope** when the therapist is activated
- **How to restore safety** after periods of enactment and rupture

LEARNING AIMS

- Gain an **in-depth understanding of the on-going impact** of developmental and interpersonal trauma.
- Gain an **in-depth understanding** of relational, trauma informed and mentalization based approaches to working with attachment trauma
- **Develop** the therapeutic skills and confidence **to recognise and respond** to relational challenges within the therapeutic relationship.
- Begin to **develop the skills and capacity** to attend to their own vulnerabilities and **how this may be activated** through working with clients.



ABOUT THE TRAINERS

Teresa Finlay is a UKCP accredited Psychotherapist and Clinical Supervisor with over 15 years' experience of working with adults who have experienced childhood adversity and trauma, including those diagnosed with personality disorder and C-PTSD.



Teresa began her psychotherapy career working in a therapeutic community and then worked for several years in private practice, through community-based clinics and with The University of Sussex counselling service before joining Beacon House.

Teresa originally trained as a psychoanalytic psychotherapist and her thinking is still informed by the Object Relations and Relational traditions within this. In addition to her core training, Teresa is also a qualified mentalization based practitioner, has a Certificate in Complex Trauma based on Janina Fisher's approach to working with structural dissociation, and has completed further training in using Internal Family Systems.

Teresa draws on all on these models of working in her training programmes. She has facilitated and delivered workshops, lectures, and clinical presentations at CPD events for trainee and qualified counsellors and psychotherapists.

Helen Townsend is the artist and Specialist Creative Designer here at Beacon House. She collaborates closely with Teresa to bring together specialist content into a creative, beautiful, resourceful online training experience. As an adoptive parent herself, Helen is inspired by her experience living with trauma and loss in how she portrays the learning through her artwork.



WHO IS THIS TRAINING FOR?

Any qualified or trainee counsellors, psychotherapists, psychologists, psychiatrists and mental health professionals working with adults in primary or secondary care, in private practice, in-patient or residential settings.

CERTIFICATES

You will be provided with an attendance certificate.

HOW TO BOOK

Please visit our website: www.beaconhouse.org.uk/training where you can book your place online. Please email our training team if you have any further questions: training@beaconhouse.org.uk

BUY ONLINE AT WWW.BEACONHOUSE.ORG.UK/TRAINING

PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Refunds are available 21 days prior to the training. After this time this training is non-refundable

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