

SUMMARY

PTSD is an indicator that the body and mind have not yet recognized that a traumatic incident is over. As a result, the body's nervous system responds by continuously mobilizing the muscles and other systems for defense (fight/flight) and/or numbing (freeze). Those with PTSD become overly attentive to interoceptive reminders of past danger, while losing their connection to exteroceptive cues (the 5 senses) that appraise the present environment. This course will equip participants with neurophysical and psychophysical theory, principles, and tools for understanding, reducing, containing, and halting traumatic hyperarousal. It is consistent with and a beneficial adjunct to any method of psychotherapy or specialized trauma therapy (e.g. analytical, dynamic and somatic approaches, cognitive-behavioral, and EMDR).

LEARNING OBJECTIVES

1. Define trauma, traumatic stress, post traumatic stress, and posttraumatic stress disorder
2. Distinguish clients who are good candidates for processing trauma memories from those who are not
3. Discuss the structure of the body's nervous system
4. Employ the sensory nervous system to mediate flashbacks and nightmares
5. Exploit the autonomic nervous system to moderate arousal levels
6. Discern relaxed (a muscular state) from calm (a nervous system state)

THIS WORKSHOP IS FOR:

Counsellors, psychotherapists, psychiatrists, healthcare professionals, social workers, students on relevant courses, alternative and complimentary therapists.

DAY 1

09.30 – 11.00

Introduction - Phase-Oriented Model and the Goals for Trauma Therapy · **Theory:** Defining Terms - stress, trauma, post-traumatic stress, post-traumatic stress disorder · **Theory:** Distinguishing Client Categories - Who is not a candidate for trauma therapy? · **Concept and Demonstration:** "Putting on the Brakes"

Break

11.15 – 13.00

Theory: The Body in Trauma Therapy · **Exercise:** Body awareness as an integrative tool of trauma therapy · **Theory:** The Central Nervous System and Trauma · **Technique:** Dual Awareness – reconciling interoceptive and exteroceptive sensory cues

Lunch

14.00 – 15.45

Exercise: Training Proprioception · **Video:** The Secret Life of the Brain

Break

16.00 – 17.30

Theory and Practice: Identifying and Utilizing Resources to Mediate Traumatic Stress · **End of day discussion**

DAY 2

09.30 – 11.00

Questions and review from the first day · **Theory:** Psychophysiology of Stress & Trauma · **Practice:** Regulating hyperarousal

Break

11.15 – 13.00

Video Demonstration · **Practice:** Boundary and therapeutic distance

Lunch

14.00 – 15.45

Concept and Exercise: Muscle tone and containment · **Theory:** Misdiagnosing - Beware the wrong road

Break

16.00 – 17.30

Video or live demonstration · **Supervision opportunity** · **End of course discussion**

COMPASS

Compass Counselling is a leading voluntary sector provider of community counselling, NHS contracts, workplace support services and professional development training. Our flagship, donation-based community counselling service is delivered by highly skilled, trained volunteer counsellors. All fee-based services support this work.

LACE CONFERENCE CENTRE

This award-winning conference centre is situated on the edge of Sefton Park, Liverpool's magnificent 200 acre, Grade 2 historic park*

Croxteth Drive,
Liverpool L17 1AA
Tel: 0151 522 1002

<http://www.conferenceatlace.co.uk>

ACCOMMODATION

The Liverpool Convention Bureau has set up a web booking service on behalf of COMPASS to manage accommodation bookings for this event. An allocation of rooms has been secured at special rates with hotels, both close to the Conference Centre at LACE and in Liverpool's city centre. To secure a room from this allocation you must make your booking via this website link;

<https://www.conferencebookings.co.uk/delegate/TMPCOMPASS12>.

Please note that credit card details are used to guarantee your room only and full payment is expected on arrival at the hotel. Alternatively, you can request a pro-forma invoice that must be paid in full at least 2 weeks prior to arrival.



SPEAKER PROFILE

Babette Rothschild, MSW, LCSW, has been a practitioner since 1976 and a teacher and trainer since 1992.

She is the author of five books, all published by WW Norton:

The Body Remembers The Psychophysiology of Trauma and Trauma Treatment (a best-seller);

The Body Remembers CASEBOOK-Unifying Methods and Models in the Treatment of Trauma and PTSD;

Help for the Helper The Psychophysiology of Compassion Fatigue and Vicarious Trauma,

8 Keys to Safe Trauma Recovery, and

Trauma Essentials: The Go-To Guide.

After living and working for 9+ years in Copenhagen, Denmark she returned to her native Los Angeles, where she is writing her next books while she continues to lecture, train, and supervise professional psychotherapists worldwide.

Her books will be available to purchase at the event.

BOOKING FORM

Please register me for the 2-day Somatic Trauma Training on 28th and 29th September 2012 with Babette Rothschild

Name:

Organization/Occupation:

Address and Postcode:

Telephone:

Email:

Dietary requirements:

How did you hear about the event:

Early Bird Registration (31 March 2012)

£190.00

Concessionary Registration

£190.00

Full Price Registration

£220.00

Exhibitor fee

£75.00

I enclose a cheque for
£

Made payable to COMPASS. Please return
booking form with your payment to:

Pamela Sharp, Training Administrator,
151 Dale Street, Liverpool,
L2 2AH,
Tel: 0151 237 3993

Email:

pamelasharp@compass-counselling.org.uk,
or visit www.compass-counselling.org.uk

BOOKING DETAILS

Delegate fees include lunch and refreshments on both days. A concessionary rate is available if you are a full-time student or a COMPASS volunteer. Display space is available for delegates who wish to advertise their organization or training. Please tick the appropriate box on the booking form and add £75 to your total when booking.

To book your place please complete the booking form and return it to COMPASS with your cheque or visit our website, complete the form on-line and pay by PayPal. Alternatively, you can request an invoice, which must be paid by **1 September 2012**

For cancellations up to four weeks before the event 50% of the fee will be refundable. There will not be refunds for cancellations with less than four weeks notice.

FURTHER TRAINING EVENTS from COMPASS

Men, Masculinity and Trauma

Saturday 22nd October 2011

TA101 Transactional Analysis

Friday and Saturday
25/26th November 2011
(fully booked)

Gender in the Counselling Room

Saturday 28th January 2012

Working with Dreams

Saturday 3rd March 2012

Working with Couples

Spring 2012

A Centre of Excellence for Counselling,
Training, CPD and Research

The only opportunity in the North West in 2012
to train with world renowned trauma therapist

Babette Rothschild

Somatic Trauma Training

The Mind and Body of Safer Trauma Therapy
Friday 28th and Saturday 29th September 2012

The Conference Centre at LACE. Liverpool

