

## **Working with Trauma: A Phase-Oriented Approach**

**CTP Concentration: 2017-2018**

**Working with Trauma is a 30 hour course**

**Concentration Instructor: Jackie Herner**

**Concentration Meeting Dates: One Sunday per month from September to June, starting date: to be determined**

**Location: The Centre, 316 Dupont Street, Room to be determined**

**Time: 1pm-4:15pm.**

Seminars are conducted once a month from September 2017 – June 2018  
10 seminars for a total of 30 hours (one 15 minute break is given in each seminar)

### **Concentration Description**

In recent years, the importance of the mind-body connection in the psychotherapy of trauma has been recognized as a key component in therapeutic work. In tandem with recent neurobiological findings, new ways have developed of including the physiological side of trauma in therapy. The blending of talk therapy, neurobiology, attachment theory, mindfulness and somatic processing has yielded encouraging results in the work with trauma clients.

One of the great challenges in working with clients with a history of trauma is that when we turn to some of our greatest skills as psychotherapists - insight, interpretation listening and helping our clients to put their feelings into words - we run into difficulties. The very act of telling the story of what happened runs the risk of our clients re-living the trauma, leading to re-traumatization.

The use of a phase-oriented approach, first proposed by Pierre Janet in the early twentieth century, provides a safe and gentle way to work with trauma.

Various contemporary therapies for the treatment of trauma agree on the effectiveness of this way of working.

In this seminar we will study a phase-oriented approach to working with trauma, from the perspective of Pat Ogden's Sensorimotor Psychotherapy, Pierre Janet's psychology of action and the phase-oriented treatment outlined by Onno van der Hart, Suzette Boone, and Kathy Steele in their book, Treating Trauma-Related Dissociation.

By the end of the course students should be able to:

1. Understand and recognize the impact of trauma on psychological functioning.
2. Use the self in a safe way: identifying the signs of cognitive, emotional and physiological dysregulation in the client
3. Use the self effectively: demonstrating an ability to help the client to regulate emotions, thoughts and physiological responses.

4. Recognize the benefits of working therapeutically with the body and know how and when to apply this with clients.
5. Identify and respond appropriately to the client's strengths, vulnerabilities, resilience and resources.
6. Anticipate and respond appropriately to the expression of intense emotions and understand how to help the client to process and manage them.
7. Know how to support the client to explore a range of emotions and employ a variety of helping strategies.

Clinical material will be supplied by the instructor and by the students from their own work.

**Required Texts:** Steele, Kathy, Boone, Suzette and van der Hart, Onno (2017):

Treating Trauma-Related Dissociation. W. W. Norton & Company

Ogden, Pat & Fisher, Janina (2015): Sensorimotor Psychotherapy: Interventions for Trauma and Attachment. W.W. Norton & Company

**Recommended Text:** Fisher, Janina (2017): Healing the Fragmented Selves of Trauma Survivors. Routledge

Copied material handed out to students.