

# The Spaces Between Us

## A Systems Approach to Trauma and the Body

A two day workshop with master practitioners  
**Miriam Taylor and Ed Fellows**

*Friday and Saturday 12 and 13 April 2024*  
*Friends Meeting House, St Giles, Oxford, OX1 3LW*  
*9.30am – 5.00pm*

*£325 (£295 if booked prior to 28 February 2024)*



**T**rauma radically alters our relationships - with the world around us, with others, with ourselves and with our bodies. In this workshop, Miriam and Ed will share some cutting edge thinking, contextualising trauma in the network of relationships that shape our lives. Each will demonstrate ways of working in deeply attuned, embodied and non-pathologising ways, and you will have an opportunity to put some skills into practice in small groups. The work will build on the neuroscience of trauma and consider the implications for therapeutic interventions.

Miriam and Ed are both established trainers on the Relational Change course in Contemporary Trauma Practice.



**Miriam Taylor** is a British Gestalt psychotherapist (UKCP registered), supervisor and trainer. Now partly retired, Miriam was in clinical practice between 1995 and 2022. Her background was in adult education before training as a counsellor and psychotherapist. She was clinical lead of a young peoples' service and for several years worked in a specialist trauma service. Miriam's particular interest is in the integration of trauma and the role of the body from a relational field perspective. She teaches in the UK and internationally, has been a trainer, Academic Consultant and examiner for Metanoia Institute, London, and is on the Leadership Team of Relational Change. Miriam is author of two books on trauma and several peer reviewed and invited articles.



**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 private practice and in the NHS.

At the Maudsley Hospital, Ed facilitates a weekly trauma group with in-patients on a psychiatric ward, CPTSD groups in secondary care, and works in primary care where he is the Trauma Group Lead and Bereavement Lead and a supervisor. Ed is also a member of the Complex Trauma and Dissociation Group at the Maudsley. 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 Metanoia and Confer, as well as in Europe.

To book email Martin Capps [martin@relationalchange.org](mailto:martin@relationalchange.org) with "The Space Between Us" in the title. Fee is £325 or £295 if booked before 29 February 2024. A deposit of £75 (non-returnable) will be payable on booking and the balance will be invoiced in March. If you cancel within 4 weeks of the workshop 50% will be refunded, within 1 week the full fee is payable. However, if a replacement for your place can be found a full refund will be made (less the deposit).