

Certificate/Diploma In Contemporary Trauma Practice: Mind, Body And Relationship: *Developing Competence in Applying Neuroscience to Therapy* October 2022 to July 2023



Led by Miriam Taylor
with guest trainers Martin Capps, Ed Fellows,
Sonja Hookway, and Margaret Landale
Seven modules (105 hours)
Online via Zoom

This successful programme will run again from the autumn of 2022 – this time online and with the addition of a module.

These seven 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.

There is maximum group size of sixteen, early application is advised.

Venue:

The training will be held online
via Zoom

Dates:

October 14/15 2022
December 2/3 2022
January 13/14 2023
February 24/25 2023
April 14/15 2023
June 2/3 2023
July 21/22 2023

Times:

09.30 – 17.30 (UK time) each day

Cost:

£1,950 or £1,700 early bird price
for booking prior to
15 April 2022
(£2,100 and £1,850 for
organisations).
Non-returnable deposit £150
payable on acceptance of
application.
Monthly payment options are
available.

For more information or to book
call or email:

Martin Capps on 07941 647740
martin@relationalchange.org





COURSE LEADER - Miriam Taylor is a British Gestalt psychotherapist (UKCP registered), supervisor and trainer who has been in private practice since 1995. 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.

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 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.

COURSE MANAGER/ADMINISTRATOR and GUEST TRAINER –

Martin Capps is a UKCP registered Gestalt Psychotherapist, trainer, coach and supervisor with over 25 years of experience in the private, NHS and third sectors as a counsellor, psychotherapist, supervisor and trainer. He has a particular interest in shame as a relational process, and its impact on individuals and organisations, and in particular how it may present in the therapeutic and supervisory relationship. Martin has developed with a colleague, Gillian Downie, the powerful and popular experiential workshop entitled "The Secret Agent of Shame: Shame in the Therapeutic Relationship", which has been regularly running since 2015. He has taught extensively on various psychotherapy trainings and is also currently a trainer and tutor at the Centre for Supervision Training Development, Bath. He is an associate of Relational Change.



GUEST TRAINER - Sonja Hookway is a UKCP registered psychotherapist and has worked in mental health since the mid 90s. She spent several years as a patient advocate in acute psychiatry and worked in University student mental health as a Coordinator between 2006-2015. She trained in the use of the arts in therapy and education at IATE, completing her UKCP accredited training with Welsh Psychotherapy Partnership. Sonja is one of the founder members of Swansea Psychotherapy Partnership, believing in the supportive power of relational networks. She has been in private practice as an integrative psychotherapist since 2012. Her regular yoga and meditation practice are a joy and foundational to her wellbeing. She completed the Diploma in Contemporary Trauma Practice with Relational Change in 2019 and has acted as both an assistant and guest trainer on previous courses.

Structure of Programme

Module 1: 14/15 October 2022

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: 2/3 December 2022

Miriam Taylor

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

Module 3: 13/14 January 2023

Deepening Support: Top Down and Bottom Up

Day 1: Cognitive approaches

Day 2: Somatic approaches

Martin Capps

Margaret Landale

Module 4: 24/25 February 2023

The impact of trauma on relationship from both sides of the therapeutic dyad.

Day 1: Trauma wounds and attachment

Day 2: The Well Resourced Therapist

Sonja Hookway

Miriam Taylor

Module 5: 14/15 April 2023

Miriam Taylor

Oppression, Power and Trauma. An exploration of power dynamics and implications for therapeutic practice.

Module 6: 2/3 June 2023

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 7: 21/22 July 2023

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 - £250 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 £1,700 for individuals, £1,850 for organisations, available for booking prior to 15 April 2022 with the required *non-returnable* deposit of £150. After this date the full fee £1,950 for individuals, £2,100 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 (martin@relationalchange.org).

Cancellation: 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 50% of the fee will be payable, 75% if cancelled within two weeks. If a replacement can be found for your place a full refund will be given less the deposit. Please note that you are committing to taking the whole training – if you drop out if the course part way through the full fee is still payable.

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



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 - Fee £250

- a. 90% attendance minimum
- b. A reflective journal, ungraded.
- 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;
- d. A 2,500 word review of any book from supplied book list. Consider the structure, the main themes, and the relevance to your own practice. To be handed in during May 2022 (exact date to be confirmed).

3. Diploma Award - Fee £400

- a. 90% attendance minimum;
- b. A reflective journal, ungraded.
- 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;
- d. A 4,500 word literature commentary to be handed in during May 2022 (exact date to be confirmed).