



WORKING WITH TRAUMA

Saturday 15 May 2021

Workshop conducted by Henry Adeane

What is your countertransference response when a client describes a traumatic event to you? It is bad enough if the trauma or abuse was in adulthood, with post-traumatic symptoms of persistent flashbacks, nightmares, night terrors, sudden onset of panic attacks; but what is it like for you when you hear of trauma or abuse in childhood, beyond imagining or meaning or understanding? And not a single event, but perhaps years of terror, violation, lovelessness and neglect. You see before you an adult who has lived with this for decades and you may wonder how they survived, and if you would have survived, and what would you have done to repress it, and how has it been for them and their loved ones, if there have been any good objects in their life at all.

Where to start in the work? Today will help you to learn how to recover your therapeutic balance, to be able to think helpfully about the choices that lie ahead for you. For some, you will need to contextualise their experience of voices in their head without becoming afraid for their sanity; for some you will need to help them to connect to the world and those in it, beginning with you, the therapist, and then with the trauma that may be split off, out of awareness, but being acted out; for others you will need to reduce the contact they have with trauma, to help them apply the brakes, to come out of flashback, to return from the past, to refind themselves in the room with you and to learn to down-regulate their affect. This is technically and emotionally difficult work; you will be practising at the limits of your competence; you will need actively to protect yourself from vicarious trauma, and today will help you learn how to do this. Most of all, you will need to discover how to keep your client alive, if that is possible, and safe from self-injury and suicidal acts, or from harming others.

The event will be interactive with time given to think about counsellors' case studies.

Henry Adeane will conduct the training. He is a Psychotherapist, Clinical Supervisor and Visiting Lecturer. He currently works at the Counselling Foundation in Hertfordshire, Matrix College of Counselling and Psychotherapy in Norfolk, and in his private practice. He specialises in complex cases, forensic psychotherapy and the ethical treatment of addiction and personality disorder.

The Workshop will take place remotely via Zoom – Price £65.00