

EMPATHY, ATTACHMENT & MAKING TRAUMA THERAPY SAFE

Presented by; Babette Rothschild

Babette Rothschild, M.S.W., L.C.S.W. is the founder of Somatic Trauma Therapy. She has been a practicing psychotherapist and body-psychotherapist since 1976, licensed in California as a Clinical Social Worker since 1978. She is a member of the International and European Societies for Traumatic Stress Studies, the National Association of Social Workers (USA), and Certified by the Association of Traumatic Stress Specialists. Babette has trained extensively in Transactional Analysis, Gestalt Therapy, Psychodrama and Somatic Experiencing, and is a certified Bodydynamic Analyst and certified Radix Teacher. She is the author of the following publications on trauma and PTSD : -

Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma (2006)

The Body Remembers Casebook: Unifying Methods and Models in the Treatment of Trauma and PTSD (2003)

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (2000); BEST SELLER



PART 1

22-23 October 2009

Day 1

Empathy and the Neurological Basis of Attachment

We all deeply, emotionally affect each other; therapist, client, parent, child, friend, lover, etc. Empathy is the foundation of this effect and the attachment that results, facilitated by mirror neurons, facial and somatic feedback, and somatic markers. Through lecture, films, and exercises, day 1 will lay a theoretical foundation for human interconnectedness and how states of emotion can be passed from one person to another.

Day 2

Making Trauma Therapy Safe

In the field of trauma, there is fairly good consensus that treatment should be phase-oriented as outlined by Judith Herman in *Trauma and Recovery* (1992). Unfortunately, the first phase, safety and stability, is often shortened or bypassed altogether in favour of moving rapidly to the (sometimes more interesting) stage of remembrance and mourning. However, this can be very, very problematic. It is not only a problem to prematurely address trauma memories, but some traumatised children and adults are actually not even good candidates for phase 2 at all. Day 2 will cover both theory and techniques to understand and support this critical first stage including a model for distinguishing which children are candidates to move on to stage 2 and which are not.

Cost: £380+VAT (Incl. lunch & training pack)

PART 2

24-25 October 2009

Day 1 & 2

Further Essentials for Safe Trauma Therapy

This is a follow on 2 days training for practitioners who have completed part 1. This is a more in-depth programme of theory and practice of working with traumatised individuals.

Cost: £380+VAT (Incl. lunch & training pack)

VENUE: Family Futures, 3&4 Floral Place, 7-9 Northampton Grove, Islington, London, N1 2PL

For further information and an application form, please contact Joanne Collett; Training Services

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www.familyfutures.co.uk