



CPD Workshop - Working with Trauma in its Many Guises

Facilitated by Paula Biles

Saturday 16th June 2018 10am – 4pm

Overview:

During the morning session we will explore the nature of trauma both incident (PTSD) and developmental (CPTSD) to understand its links and roots in attachment and relationship issues. We will address the many presentations as implicit body memories, emotional flashbacks and in a wide variety of dissociative disorders. There will be the opportunity to take part in some somatic body exercises for self regulation.

In the afternoon we will look at the cumulative effect of trauma over a person's life and the impact of character development and survival strategies. Paula will offer to show this with current examples e.g. how current global wars, emigration and refugee status are having an impact on the incidence of trauma we are seeing in our practices today. At the end there will be an informal Q & A session and an opportunity to ask questions.

The workshop will combine an understanding of the theory of trauma, its symptoms and its legacy, using clinical examples and our own experiences, with the opportunity to learn and develop some collaborative and interactive somatic body based skills to deal with traumatic dysregulation.

Facilitator: Paula Biles is an Accredited UKCP Psychotherapist and a registered member of the BACP. She is a Certified Advanced Sensorimotor and Certified Internal Family Systems therapist. She was trained by Janina Fisher and has completed other trainings with Bessel van der Kolk, Ellert Nijenhuis, Onno van der Hart, Dan Siegel, Suzette Boon and Babette Rothschild. She originally trained as an Integrative Psychotherapist and explores different ways of working with trauma - but all with a body oriented focus and has trained in the latest approaches eg CRM and Brainspotting.

She has worked with trauma, complex trauma and the spectrum of dissociative disorders for over 12 years and currently works in a London clinic and in private practice as a therapist, supervisor and trainer. She has a wide range of knowledge and experience in working with trauma, attachment and developmental issues with both adults and young people.