

## **European Society for Trauma & Dissociation, UK Network**

### **Practical Training for People in Practice**

#### **Reaching for Relationship : An attachment-based approach to work with dissociation**

**A 4 day continuing professional development course designed and led by Sue Richardson, UKCP registered Attachment-based Psychotherapist.**

**To be held in Edinburgh, UK, 23 -24 March & 20 -21 April 2012.**

**Fee: £400 ESTD members £435 Non members**

#### **Is this course for you?**

This course is designed for practitioners of any discipline who are already working with dissociative clients and have some prior training in this area of work. It aims to help people to enhance their practice by exploring ways of working with complex issues and sharing creative interventions. Some prior knowledge of attachment theory is helpful but not essential: pre-course reading will be suggested and the course will begin with an overview and refresher re attachment concepts.

This CPD course will appeal to those of you who:

- would like to sharpen and extend your ability to work with dissociative clients
- work with clients who have suffered particularly severe childhood trauma
- enjoy developing your own synthesis of theory and practice
- would like to reflect on your own role as a professional caregiver
- welcome peer feedback and support
- are excited when something you have read sheds light on your work
- would like to further develop your ability to connect creatively with clients
- value the unique perspective of experts by experience
- are happy to learn from your mistakes!

#### **Aims**

1. To explore the application of an attachment framework to work with trauma and dissociation.
2. To review the use of other therapeutic modalities with which practitioners may be familiar in the light of clients who have suffered severe attachment trauma.
3. To integrate consideration of issues specific to those who have suffered organised and extreme forms of abuse

#### **Outline of course content**

- Traumatic attachment
- Dissociative system as an attachment system: Assessment and repair.
- Reaching for relationship: Attachment to the perpetrator, the therapist and significant others; exploring internal attachment.
- Using creative interventions to repair attachment trauma.
- Our needs and issues as professional careseekers and caregivers.

**Learning outcomes.** By the end of the course, participants will:

1. Be familiar with the nature and impact of attachment trauma.
2. Have been introduced to the concept of the internal attachment system
3. Have undertaken an in-depth exploration of the attachment trauma suffered by a specific client(s), its assessment and repair.
4. Be able to devise therapeutic strategies for individual clients.
5. Have critically reviewed some of the relevant literature.
6. Have gained knowledge and insight from experts by experience.
7. Have considered the therapeutic implications of organised/extreme abuse.

## **Method**

The main emphasis is on drawing out and sharing practice experiences and putting them in an attachment framework. Sessions will include theoretical input, exercises/discussions, application to participant's own cases, case presentations and learning from experts by experience. Participants will be expected to undertake some reading as part of their learning.

**About the trainer:** Sue has over 30 years experience in the helping professions and is a member of The John Bowlby Centre. She has integrated her extensive knowledge of child abuse into her work with adults who have suffered attachment trauma. Sue has a special interest in the study and treatment of dissociation and has been instrumental in the formation of UK networks in this field. She is a regular presenter at national and international conferences, the co-author of two books and the author of a number of published papers. Sue is in independent practice, providing training, consultation and supervision from her base in the north east of England.

**This course ran for the first time in 2010 and had excellent feedback. Sample:**

- Informative, insightful, learnt so much.
- Brilliant really. Very well planned, organised & delivered.
- Spirited, humorous, warm, enthusiastic
- One of the best things is how it all feels applicable to my work.

**To apply or to discuss your interest:** Contact Sue, preferably by email: [SueRichardson1@compuserve.com](mailto:SueRichardson1@compuserve.com) Or phone : 01642 817658