

Principles and Practice of Safe Trauma Therapy

ADLER GRADUATE PROFESSIONAL SCHOOL
890 Yonge Street, 9th Floor, Toronto, ON M4W 3P4
Saturday, September 30th and Sunday, October 1st 2017 , 9 –4pm.

In recent years there has been a growing understanding of the complex interactions of neurobiology and psychosocial aspects of trauma. This in turn has enabled the development of more effective, and crucially, safer, approaches to trauma therapy that integrate well with an Adlerian model of psychotherapy

This 2 day workshop will aim for an informal, interactive group process, with brief lectures, experiential exercises, and practical demonstrations. It will present guidance in delivering safe trauma therapy work underpinned by Adlerian principles and practice.

- Review of Adlerian principles in relation to trauma work
- Differentiating between Single Shock and Developmental Trauma
- Principles of safe trauma work - grounding processes, anchors, resources, safe place
- Assessment of types of client – identifying those with whom it is appropriate to process trauma memories and those with whom it is not.
- The body as a resource: Accurate observation of the levels of arousal
- Use of SIBAM model (Levine) for embedding resources
- Developing dual awareness and using it to process memories—pendulating, rewind ,etc
- Resourcing clients to manage triggers, flashbacks and nightmares
- Self-Care and safety as the practitioner – managing vicarious trauma, secondary trauma, burnout and compassion fatigue.

Biographical Information

Anthea Millar MA, MBACP (Senior Accredited), UKRC, Dip. IIP

Anthea Millar is a UK based senior accredited Adlerian psychotherapist, psychotherapy trainer and supervisor/supervisor educator, with over 35 years' experience of working within the National Health Service, with Employee Assistance Programmes, and numerous social services, educational and charitable agencies.



She founded the 4-year Adlerian counselling training programme in Cambridge over 30 years ago and is now one of its course consultants. Supporting other training programmes in the UK and abroad has been a major area of work, as well as being invited to be on the faculty at many international Adlerian events, which includes regular teaching input at ICASSI, the Adler/Dreikurs summer school. She is actively involved in the Adlerian Society of the UK as a Vice-President and also as a co-editor of the UK journal and senior member of the Adlerian Institute's training committee.

Anthea is co-founder of Cambridge Supervision Training www.cambridgesupervisiontraining.com and co-author of the book 'Practical Supervision: How to become a Supervisor for the Helping Professions'. She has also written many other papers and articles including those on trauma.

Fees & Registration

\$299+HST for regular attendees \$199+HST for students with student ID (Includes Continental breakfast, bring your own lunch)

ADLER students can take the course for credit and register using ADLearn.

To register please visit <https://adlercontinuinged.lmscheckout.com/>

Email : psychotherapy@adler.ca for any further questions