

Trauma and DMP

Special Interest Group at NUEVO

facilitated by Susan Scarth SRDMP CMA
and hosted by Sarah Holden IGA UKCP SRDMP

Sarah and Susan look forward to continuing this group exploration in the new academic year and welcome new members, who should be qualified and practicing DMPs.

Dates for 2011/12:

Fridays - 30th September 2011, 6th January 2012, 27th April 2012

Location: NUEVO studio, which is 12 mins walk from central Croydon and near to many bus routes, West and East Croydon stations and the tramlink. Free street parking in the evening.

Time: 7.00 pm for tea/coffee and biscuits - 7.30 to 9.30 p.m.

Seminar Fee: £30.00 for 1st evening, £35.00 each for sessions 2 & 3

Special price: Sign up for all 3 at discounted fee of £90.00

These seminars have been designed to be taken together, although it is possible to book for an individual session. Application form below to arrive not later than September 2nd 2011. Contact Sarah on 07956208276, e-mail : sarahholden@movementpsychotherapist.com

The following themes will be addressed through highlighting current research, theory and practice in the field of trauma and through the presentation of anonymised case material. Participants will be encouraged to join in discussion, movement exploration and the sharing of professional experience / vignettes, where appropriate.

Session 1: Recognising trauma: working safely & avoiding re-traumatising the 'patient'. Thinking about trauma and compliance. Working with silence, respecting the distance, acknowledging presence. Dissociation: what does it mean and how does it differ from repression. Understanding the importance of neurobiology. Developing a strong ability to empathise whilst remaining able to think in the face of overwhelming anxiety.

Session 2: Working with props and metaphor when more overt body movements feel too much. Learning to pick up clients' communications through play. Using the physical environment to represent or augment the therapeutic relationship, when intimacy feels too threatening. Handling holiday breaks and other predictable challenges.

Session 3: The value of LMA as a tool. Learning when, and how to introduce body movement and when, and how movement can be understood through words. Learning when to stay with the undigested fragments and when to help with the making of links. Being able to acknowledge getting it wrong and avoiding retaliation.



TRAUMA and DMP

Please fill in the form and send enclosing cheque made out to Sarah Holden to :-
Sarah Holden, NUEVO, Avenue House, 8 - 28 Milton Avenue, Croydon, CRO 2BP

Name

Address

Post Code **Phone**

E-Mail **ADMP Mem. No.**

Please tick boxes to indicate which sessions you wish to attend, preference will be given to people wanting to attend all three.

30th Sept 2011

6th Jan 2012

27th April 2012