

# TRAUMA IN COUNSELLING AND PSYCHOTHERAPY

Trauma in counselling and psychotherapy is a deeply challenging issue. In general, it is poorly understood; and the literature is patchy and inconsistent. It challenges us theoretically, ethically and therapeutically to work effectively, without doing harm. We need to take account of perspectives that are outside our theoretical frame, and consider biology, neuro-science and evolutionary psychology. This workshop approaches the subject from the point of view of the practitioners who is striving to incorporate an understanding of the subject into their practice. It will appeal to all counsellors and psychotherapists; students of these disciplines; and other caring professionals who work with traumatised clients or patients.

The workshop will cover:

- Medical definitions and NICE guidelines
- Wider understandings and different theoretical perspectives
- Resolution of trauma using metaphor and 'clean language'

**21st June 2013**

**A one day workshop lead by Jonathan Lloyd and George MacDonald in Stockport**

Within the participative framework of the workshop we will argue that all counsellors and psychotherapists work with the after effects of trauma. The condition becomes somatised and symbolised in complex ways that are not always obvious in the presentation of the client. We will also argue that a direct approach is not always appropriate, because of retraumatisation; triggering of avoidant patterns of thinking; and the strengthening of already intractable defences. Less direct approaches are often more effective and less likely to cause further harm.

Cost £75 including tea, coffee and lunch (£65 for students). For bookings made before 30th April (subject to limited availability) there will be an 'early bird' rate of £65.

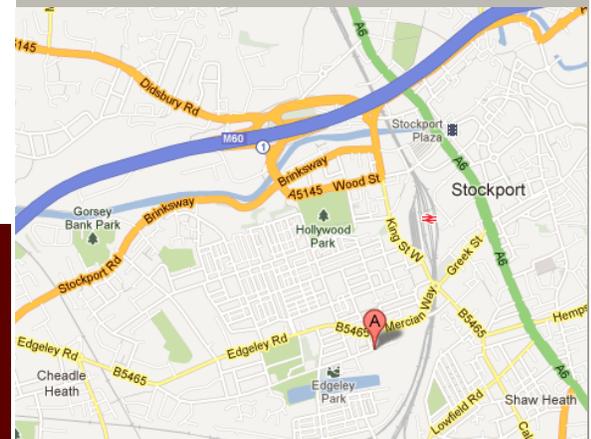
6 hours CPD. A signed certificate of attendance will be provided.

## The Presenters

The presenter of the workshop are Jonathan Lloyd and George MacDonald, who are both in the final stages of completing the Doctorate in Counselling at the University of Manchester.

**Jonathan Lloyd** is a Counsellor and Hyonotherapist who runs a busy private practice in Bramhall. He trains and lectures widely and his research topic is Metaphor in Counselling.

**George MacDonald** is a BACP accredited counsellor and psychotherapist who is training as a group psychotherapist. His research topic is Cukture as a positive resurce in therapy.



**Cheshire Conferences and Events at Edgeley Park Stadium, Stockport.**

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For bookings:

go to: [www.mindsite.co.uk](http://www.mindsite.co.uk)

Email: [events@mindsite.co.uk](mailto:events@mindsite.co.uk)

Or call Jonathan on 0161 439 7773