

# UKPTS WORKSHOP: WORKING WITH COMPLEX TRAUMA

26TH SEPTEMBER 2018

InTuition House, 210 Borough High St, London SE1 1JA.

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This workshop will provide an overview of the current research and recommended treatment models for Complex PTSD (CPTSD) and will introduce advanced therapeutic techniques for working with people with complex trauma histories.

Case material will be used to illustrate a variety of therapeutic techniques, which can be utilised and adapted to treat clients with complex trauma histories. Participants will have the opportunity to practice and reflect on using these techniques in their own work.

Topics will include:

- ◆ Understanding Complex Trauma and the Brain
- ◆ An Overview of Phase-Based Approaches to CPTSD
- ◆ Safety, Stabilisation and the Window of Tolerance
- ◆ Adapting Reliving work for CPTSD
- ◆ Compassion for Guilt, Shame and Self-Blame
- ◆ Imagery Rescripting
- ◆ An Introduction to Narrative Exposure Therapy
- ◆ Consolidation and The Method of Loci

## FACILITATORS

The workshop will be facilitated by Clinical Psychologists at London Trauma Specialists who are highly trained and experienced in working with Complex presentations of PTSD. They run conference workshops and teaching sessions on trauma for the BABCP, the WCBCT, the UK Psychological Trauma Society, the Metropolitan Police, the CPS, NHS services and voluntary sector organisations.

Dr Georgina Clifford is the Clinical Director of London Trauma Specialists. She is a trauma specialist and experienced Clinical Psychologist who specialises in the assessment and treatment of Complex PTSD. With more than a decade of clinical experience, Georgina now leads cutting-edge research on new treatments for complex trauma as a PhD candidate at the University of Cambridge.

## WHO SHOULD ATTEND?

Anyone working clinically with clients with complex trauma presentations, including Clinical and Counselling Psychologists, Psychotherapists, Psychiatrists, CBT therapists, Counsellors and Trainees.

## BOOKING

**Date:** 26th September 2018

**Time:** 9.30am – 5pm

Cost: £120

**Location:** InTuition House, London

**Booking:** To book and for any enquiries please contact:

Email: [admin@ukpts.co.uk](mailto:admin@ukpts.co.uk) Phone: 01787 221294