Overcoming Roadblocks in Trauma
1 day Workshop by Dr Claudia Herbert

Following last year’s very successful, fully subscribed launch of this workshop in York, it will now be available in Oxford on 9th September 2011. It offers all health care professionals working in the field of human suffering the unique opportunity to enhance their skills and knowledge to help them overcome roadblocks in their therapy with trauma. This workshop will be presented by Dr Claudia Herbert, a leading international trauma expert and book author and the founder of The Oxford Stress and Trauma Centre.

This workshop has been accepted as a contribution to CBT CPD requirements (6 CPD hours) for BABCP Accreditation purposes. It also forms part of the European Society for Traumatic Stress Studies (ESTSS) pathway for the general certificate in Psychotraumatology.

Booking Information

Workshop Registration Fee: £120

Payment Methods:
1. Cheques should be enclosed with booking and made payable to: ‘The Oxford Stress & Trauma Centre’
2. BACS payment can be arranged on request – please contact us, on tel: 01993 779077 or info@oxdev.co.uk
3. Pro-forma Invoices can be issued to Funding Authorities in advance of the workshop. These must have been paid by 9th August 2011 at the latest to ensure reservation of the workshop place(s).

Payments must be made with bookings, unless paid by Funding Authorities in which case invoice must be paid in full by the 9th August 2011 to secure the place(s).

Cancellations: Cancellations in writing up to 3 weeks prior to the event will receive a refund of their booking fee, minus a 20% administration fee. Cancellations received within 3 weeks or less of the workshop are non-refundable. Confirmation of your booking, together with directions to the venue will be e-mailed (or send by surface mail on request) after your documentation & payment has been received.

Registration Forms should be sent to:
OSTC Workshops, The Oxford Stress and Trauma Centre,
47 High Street, Witney, OXON OX28 6JA
Tel: 01993 77 90 77    E-mail: info@oxdev.co.uk    Web: www.oxdev.co.uk

The Oxford Development Centre Ltd

Listing Availability

Limited availability
Book early to avoid disappointment

Booking Form

Please fill out the booking form on both sides, cut along dotted lines and return the form to the address above.

Title:_________  First Name:_________________________________  Surname:_________________________________

Profession:____________________________________________________

Professional Body (accredited by):___________________________

Indicate if you are signed up for ESTSS certification, which can be arranged (please tick box)  YES ☐  NO ☐

Mailing Address:_____________________________________________

_________________________________________  Post Code:____________________________

E-mail:________________________________________  Contact Tel no(s):________________________

Dietary Requirements:  Yes / No  Please specify, if yes:__________________________________________


Overcoming Roadblocks in Trauma
1 day Workshop by Dr Claudia Herbert
9th September 2011 in Oxford

Working with traumatised individuals can be overwhelming, especially when the trauma is complex, involves dissociative symptoms and fragmented memories or affect is intense and poorly regulated. It is not uncommon for therapists, in an attempt to be helpful to their clients, to unintentionally use strategies, which are experienced as re-traumatising or which lead to an increase in their client’s survival based coping strategies. Further, therapists might notice that the work with trauma challenges their previously held values, world view or even sense of Self, confronting them with experiences, which they find hard to integrate.

This workshop addresses some of these therapeutic roadblocks and will introduce therapists to practical strategies, which can help overcome these and enhance their work with trauma. While incorporating principles of trauma-focussed CBT (T-CBT) and EMDR, this workshop transcends singular therapeutic modalities and, instead is underpinned by findings from a variety of disciplines, including positive psychology, information-processing theory, neurobiology, developmental psychology, attachment theory, mindfulness, focussing and others.

This workshop will suit therapists who are relatively new to working with trauma and those who want to refresh, update and confirm some of their current practices in this ever expanding and exciting therapeutic field.

Learning objectives:
• To explore therapeutic roadblocks, which are common in the work with trauma
• To find out how to overcome these roadblocks
• To enable a forum for therapists to deepen their understanding of trauma work
• To increase therapist confidence about working with traumatised individuals

Workshop Cost: £120
Venue: Oxford Location, easily reachable by train, coach and car (free parking available)

Please complete, if funded by Employer or other Third Party:

Name of Funding/Employing Authority: ____________________________________________________________
________________________________________________________ Contact Name: ____________________________

E-mail: __________________________________________ Contact Tel no: _________________________________

Address for Invoice to be issued: _____________________________________________________________
__________________________________________________________________________________________ Post Code: __________________

Number of Places required: ________________________________________________________________

Bookings are only finalised once payment is cleared.