



NEW WEBINAR SERIES 'WORKING WITH TRAUMA' BY CAROLYN SPRING

We're pleased to bring you our new series of monthly presentations which will each build on each other.

We will look at how we work with trauma, mainly in therapeutic settings, but also in broader contexts – based on principles rather than particulars – to really come alongside survivors of trauma in their distress and help them to build the life they want to live – a process we might term 'recovery'.

Led by Carolyn Spring, this will be a very real, authentic look at trauma and how to recover from it – from someone who has both been on the journey herself and who now brings together a wide range of approaches, disciplines and theories to champion the need of survivors for support out of suffering.



WEBINAR #1: 'WORKING WITH TRAUMA IN A TIME OF TRAUMA'

We kick off with a high-altitude look at how we help support survivors of trauma when the world itself is going through a time of trauma. The aim is to provide a supportive, safe and stabilising space in which we can explore how the current coronavirus crisis is affecting both professionals and survivors alike, how we can reregulate and reintegrate, and how we can continue to work safely with trauma even in a time of trauma. In this first episode, Carolyn will be providing a framework for understanding trauma, past and present, and how it relates to the current situation:

- What are the six key dynamics of trauma and how do they relate to the current coronavirus crisis?
- Why do 'disconnection, dysregulation and disintegration' feature so prominently after trauma?
- How has lockdown reactivated patterns of disorganised attachment?
- Why is social distancing so contrary to our evolutionary neurobiology?
- How has the coronavirus crisis affected the mental health of all of us and what implications does this have?
- How do we work with safely with trauma even at a time of trauma?

WEBINAR #2: 'WORKING WITH TRAUMA THAT HAS BECOME STUCK'

Working with trauma is difficult and complex and many trauma survivors find themselves stuck, sometimes for years, trying to resolve the hold their traumatic past has on their lives. In therapy they can find it hard to make progress, feeling that the nearer they get to their trauma, the more dysregulated they become. It can feel like a downward spiral of powerlessness, helplessness and despair to resolve the powerlessness, helplessness and despair that is intrinsic to so much of their traumatic experience.

- Why is this?
- Why does working with trauma so often seem to exacerbate the symptoms of trauma, which in turn keeps us stuck in it?
- What can we do differently?
- Why is 'stuckness' such a common phenomenon, especially when it comes to complex trauma, and what are the neurobiological hallmarks of this?
- How might stuckness actually be a survival response, and our best attempt to survive?



What: each webinar will be a one-hour presentation that will then lead into a further, follow-up Q&A video. There will also be a rich range of resources to accompany each one. Access is not time-limited and you can revisit the content as often as you wish. There is a CPD certificate on completion.

How: via web browser – no software downloads required. On-demand video can also be downloaded rather than streamed.

Who for: counsellors and psychotherapists (qualified or in training), other mental health professionals, anyone else working with or supporting survivors of trauma as well as trauma survivors themselves

Groups/organisations: group discounts are available for organisations wanting multiple delegates to participate, plus the option of arranging an additional in-house follow-up session on Zoom. Please contact us to discuss.

Cost: £25 inc VAT per webinar. Some concessions are available – contact us with your circumstances.

Go to www.carolynspring.com/trauma-webinar for more information and to book online.

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