

FOKUS PÅ TRAUMER

Forståelse og behandling av PTSD og komplekse traumer

ÅLESUND 26. – 28. mars 2012

Pinsekirka Filadelfia, Vingårdsveien 1, 6018 Ålesund



II: Mikail 2005



JANINA FISHER, Ph.D. is a licensed Clinical Psychologist and Instructor at the Trauma Center, an outpatient clinic and research center founded by Bessel van der Kolk. Known for her expertise as both a clinician and consultant, she is also past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, a faculty member of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher has been an invited speaker at the Cape Cod Institute, Harvard Medical School Conference on Women and Summer and Winter Conference Series, EMDR International Association Annual Conference, University of Oslo, University of Wisconsin, the University of Westminster in London, the Psychotraumatology Institute of Europe, and the Esalen Institute. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

COURSE DESCRIPTION

Where there is neglect or trauma, attachment failure is inescapable, leaving behind a lasting imprint on all future relationships, including the therapeutic one. Instead of experiencing therapy and the therapist as a haven of safety, the traumatized client will be driven by powerful wishes and fears of relationship. Because the capacity to tolerate affect without becoming overwhelmed develops in the context of secure attachment, the therapy will be challenged by the client's vulnerability to recurrent crises.

In order to address the trauma, therapists must first address the effects on attachment patterns. Until the client's disorganized attachment, traumatic transference, structural dissociation, and disturbances in the capacity to self-regulate and self-soothe are addressed, the therapy either becomes stagnant or unstable. In this presentation, we will address how to understand the effects of traumatic attachment from a psychobiological perspective and how to work with both the somatic and relational legacy of attachment.

Using interventions drawn from the neuroscience and attachment research and from Sensorimotor Psychotherapy, a body-centered talking therapy for the treatment of trauma and affect dysregulation, this workshop will utilize a combination of lecture, video, and experiential exercises to explore a neurobiologically-informed understanding of the impact of trauma on attachment behavior. Participants will be introduced to somatic interventions for challenging trauma-related relational patterns and for using ourselves as "neurobiological regulators" of the client's dysregulated emotional and autonomic states.

LEARNING OBJECTIVES

- Participants will be able to identify trauma-related attachment patterns
- Participants will be able to describe disorganized attachment behavior and its effects on affect regulation
- Participants will be able to describe the theory and practice of Sensorimotor Psychotherapy
- Participants will be able to utilize Sensorimotor Psychotherapy techniques to address attachment and trauma-related issues in psychotherapy
- Participants will be able to employ interactive neurobiological regulation to address affect dysregulation

Healing Broken Bonds: Attachment, Trauma and the Body

Presenter: Janina Fisher, Ph.D.

Program

26. mars 2012

- 08.30 – 09.00 Registrering
- 09.00 – 09.10 Introduction and Remarks by RVTS
- 09.10 – 10.30 The Neurobiology of Attachment Formation
- 10.30 – 10.45 Pause
- 10.45 – 12.00 Attachment Styles from a Neurobiological Perspective
- 12.00 – 13.00 Lunch
- 13.00 – 13.45 Disorganized Attachment and Trauma
- 13.45 – 14.30 Introduction to Sensorimotor Psychotherapy
- 14.30 – 14.45 Pause
- 14.45 – 15.45 Mindfulness and Affect Regulation
- 15.45 – 16.30 Exercise and video



Program

27. mars 2012

- 09.00 – 10.30 Effects of Disorganized-Unresolved Attachment on Transference
- 10.30 – 10.45 Pause
- 10.45 – 11.15 Disorganized Attachment and Structural Dissociation
- 11.15 – 12.00 Stabilizing Traumatic Attachment Responses: Crisis, Self-Harm, Suicidality
- 12.00 – 13.00 Lunch
- 13.00 – 14.15 Sensorimotor Interventions for Attachment
- 14.15 – 14.30 Pause
- 14.30 – 16.00 The Therapist as Neurobiological Regulator.

28. mars 2012

- 09.00 – 10.30 Case presentations and consultation
- 10.30 – 10.45 Pause
- 10.45 – 11.45 Case presentations
- 11.45 – 11.50 Small Pause
- 11.50 – 13.00 Case presentations

Der vil denne dagen ikke bli servert lunch.

LITTERATURTIPS – bok og utlevert artikkel:

BOK "Trauma and the Body" A sensorimotor approach to psychotherapy.
Pat Ogden, Kekuni Minton og Clare Pain

ARTIKKEL "SELF-HARM AND SUICIDALITY" Janina Fisher.

Programmet vil bli søkt godkjent til diverse spesialistutdanninger.

På denne samling vil FAGBOK ha stand, bøker kan kjøpes og/eller bestilles.