

FOKUS PÅ TRAUMER

Forståelse og behandling av PTSD
og komplekse traumer

13. – 14. DESEMBER 2012

STED: THON HOTELL, FISKERGATE 12, KRISTIANSUND



II: Mikail 2005



ANDREW HARKIN, M.D. is a registered Medical Doctor (University College Dublin), and Psychotherapist. He has been interested in the relationship between psyche and soma for many years, and has a special fascination with the emerging rapprochement between neuroscience and psychotherapy. Andrew has completed a teacher trainer programme in Mindfulness Based Cognitive Therapy (MBCT) organized by the Centre of Mindfulness Research and Practice, University of Bangor in North Wales. He currently teaches in Ireland, Canada, the UK, Europe, and Australia and maintains a private practice in the County Mayo in the West of Ireland.

The importance of directed mindfulness in trauma therapy: Through mindfulness, clients can learn to uncouple trauma-based emotions from body sensations, and become skilful at identifying their internal experience rather than identifying with it. Why "talking about" may not be always best: "Memory" for trauma consists largely of re-activated, non-verbal memories, sometimes combined with a disjointed, partial narrative accounts.

Explain how physical action can be used to help patients feel empowered and decrease PTSD symptoms: Controlled bodily action can help overcome traumatic repetitions and continued fight/flight/freeze responses.

Discuss working at the regulatory boundary of the window of tolerance to resolve traumatic memory: Since clients with complex trauma can be easily triggered by interventions that access the body too quickly, attention will be given to pacing, boundaries, and safe, gradual re-connection with the body.

Working with traumatic memory: sensorimotor method for memory work, following a phase oriented model

Program

13. desember 2012

8.30 – 9.00 **Registration**

9.00 – 10.00 **Memory; the importance of explicit and implicit memory in working with trauma**

10.15 – 11.30 **Orienting to the world**

- Top down versus bottom up
- Right brain versus left brain
- Novelty
- Danger/threat

11.30 – 12.30 **Lunch**

12.30 – 13.15 **Trauma**

- What is trauma
- What is traumatising
- Triune brain and the origin of traumatic symptomatology
- Window of tolerance
- Hypo and Hyperarousal
- Sensitisation to triggers

13.30 – 14.30 **Sensorimotor Psychotherapy: a phase oriented approach**

14.45 – 16.00 **Mindfulness**

- Clinical application of mindfulness
- Therapist mindfulness
- Introducing clients to mindfulness
- Directed mindfulness
- Applications of mindfulness to traumatised populations
- Compassion practices



14. desember 2012

- 08.30 – 9.30 Somatic resources
- 9.45 – 10.45 Somatic resources
- 11.00 – 12.00 Somatic resources
- 12.00 – 13.00 Lunch
- 13.00 – 14.00 Sensorimotor Sequencing
- 14.15 – 15.30 Reinstatement of Active Defence

LITTERATURTIPS:

”Trauma and the Body”

A sensorimotor approach to psychotherapy.

Pat Ogden, Kekuni Minton og Clare Pain

På denne samling vil ODIN BOK OG PAPIR ha stand, bøker kan kjøpes og/eller bestilles.

Programmet vil bli søkt godkjent til diverse spesialistutdanninger.