



# SPTI Certificate

## *A relational approach to the treatment of trauma*



**May 2021 – Nov 2021**

The programme is organised in **five 2-day weekend workshops**

**Fees:** £1,125.00 (Non-members) £1,012.50 (SPTI Members)

**Start Date:** 22<sup>nd</sup> May 2021

**Training:** Saturdays & Sundays from 9:30 am - 5:00 pm

**Venue:** Blended learning; online & face to face

Building on over 30 years' experience of training psychotherapists to a high standard, the Sherwood Psychotherapy Training Institute is pleased to offer a series of five weekend workshops exploring a relational approach to the treatment of trauma.

### **Who are the workshops for?**

During the course of their work, professionals are likely to come across individuals who have experienced psychological trauma. In the face of what seem like intractable difficulties or behaviour which is hard to understand, we can feel ill-equipped to know how to respond.



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The first two-part workshop introduces therapeutic work with people who have experienced trauma. The next three workshops are intended for counsellors, psychotherapists and mental health practitioners who wish to develop their practice to include a relational approach to working with trauma.

### Course aims

The fundamental aim of the training is to provide practitioners with theoretical and practical exposure to modern views in the field of trauma treatment. This will enable them to develop understanding and competence in their field, deepening their knowledge base philosophically, theoretically and clinically, and from this to enable an integration within their field of work and practice.

### Why study psychological trauma at SPTI?

Many of the current approaches to working with trauma are based on cognitive or behavioural models which emphasise helping techniques but run the risk of neglecting the uniqueness of the traumatised person and the particularity of their experience. SPTI's core therapeutic philosophy emphasises the significance of the relationship between therapist and client in the successful outcome of therapy, and this series of workshops will take an intentionally relational approach to working therapeutically with trauma.

In addition, the workshops will balance the learning of theory and application to therapeutic practice, with the aim of enabling course members to develop their own integrative approach to therapeutic work with clients who have experienced trauma.

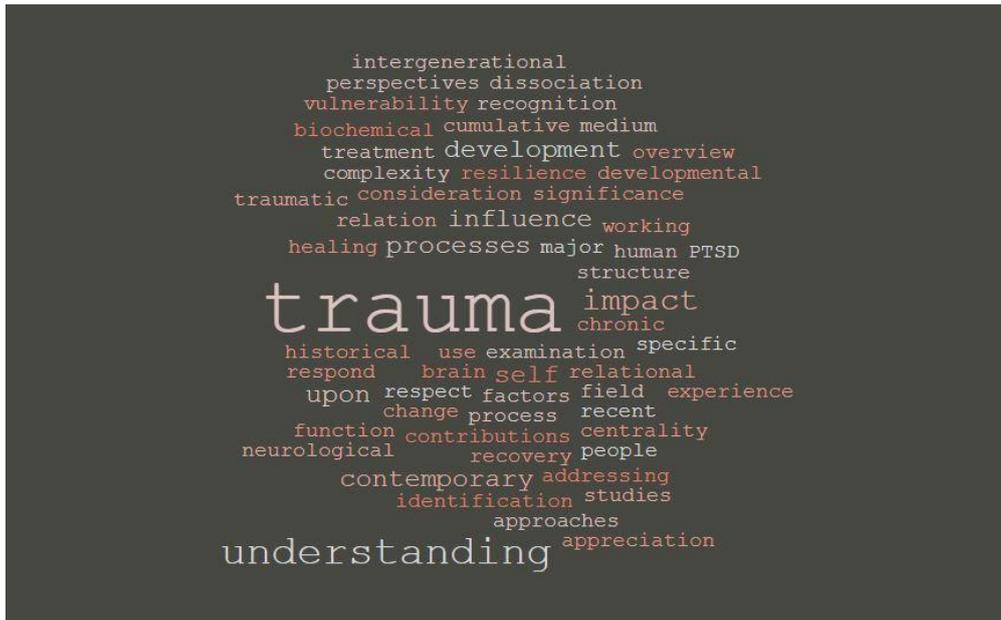
### How is the course delivered?

The course is offered as 5 workshops, leading to the *SPTI Certificate in a Relational Approach to the Treatment of Trauma*. To qualify for the *SPTI Certificate*, participants must:

- have 100% attendance
- evidence 30 hours of appropriately supervised trauma related therapeutic work
- submit a 3,000-word case study demonstrating knowledge, understanding and application to practice of trauma theory
- pass a competency profile

Workshop	Dates	Topic
Workshop 1	22/23 May 2021	<i>The Psychophysiology of trauma and implications for practice</i>
Workshop 2	3/4 July 2021	
Workshop 3	25/26 September 2021	<i>The development of resilience: the defensive response and the consequences of trauma</i>
Workshop 4	16/17 October 2021	<i>A relational response to working through trauma</i>
Workshop 5	27/28 November 2021	<i>The remarkable use of self within an in-depth response to complex trauma</i>

**Please note:** This training will be delivered as blended learning encompassing online and face to face, so a computer with internet access and a webcam will be required to participate in content being delivered via zoom.



## What will I learn?

### ***Workshops 1&2: The Psychophysiology of trauma and implications for practice***

In these workshops you will:

- explore definitions of psychological trauma, PTSD, and complex trauma.
- gain a historical overview of the development of perspectives on trauma over time
- be introduced both to healthy brain structure and the effects of trauma on the brain
- learn about physiological, biological, neurological and psychological responses to trauma including the stress response and polyvagal theory
- consider the role of mirror neurons

### ***Workshop 3: The development of resilience: the defensive response and the consequences of trauma***

In this workshop you will

- consider pre-morbidity and trauma.
- look at relational history taking and relational diagnosis in respect of trauma
- critique current theory and clinical approaches to trauma.
- begin to develop the integration of trauma theory within your own modality.

### ***Workshop 4: A relational response to working through trauma***

In this workshop you will

- discover applications and practical interventions.
- consider the significance of a developmental and relational perspective.
- consider the role of the therapist, including the importance of being a witness.
- identify the use of external resources, (e.g. medication, mindfulness and mentalisation)



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### **Workshop 5: The remarkable use of self within an in-depth response to complex trauma**

In this workshop you will:

- learn how the relationship can improve outcomes in complex trauma.
- identify signs of recovery.
- make an assessment of the efficacy of interventions used.
- discuss the use of supervision and the necessity of therapist self-resourcing.

### **How will I be taught?**

Each workshop will be facilitated by two tutors and will include formal input, supported by handouts and other teaching materials, and discussion and experiential work by course members in small and large groups. Course members therefore need to be prepared to collaborate in active learning methods and, within the boundaries of personal safety, to bring their experience, both personal and professional, as a resource for their own and others' learning. Workshops will be delivered as blended learning and a combination of online via Zoom and face to face where possible. Materials will be available primarily online and hardcopy where required.

### **Who will be teaching the course?**

The course leaders are **Dr Lorraine Price** and **Rosemary Langford Bellaby** who are both UKCP registered psychotherapists and supervisors. Both have a particular interest in traumatology and in particular therapeutic work with traumatised clients. They are currently co-authoring a book on working with trauma from a relational-developmental perspective.

### **Dr Lorraine Price**



Following qualification as an integrative psychotherapist, **Lorraine** has more than a decade of clinical experience as a therapist and supervisor and was the Programme Leader for our MSc in Integrative Psychotherapy from 2010 - 2018. She is a qualified EMDR practitioner and pursued her interest in trauma by undertaking a PhD in Psychology. She has developed her thesis into a book on the subject (*Better Late Than Never: The Reparative Therapeutic Relationship in Regression to Dependence*) which was published in 2016.

### **Rosemary Langford-Bellaby**



**Rosemary's** interest in psychotherapy began during her time as a psychiatric nurse when she was working with patients whose cumulative trauma led to self-harming behaviour and with PTSD in Falklands veterans. This work led to more similar referrals, to further training in this area and to invitations to work and lecture in countries such as Croatia and Israel where trauma has been a dominant feature. Recognising the limits of treatment options available at the time, she undertook psychotherapy training firstly as a Gestalt practitioner and subsequently in Integrative psychotherapy. She

has nearly 40 years of clinical experience, extensive experience as a trainer and Programme Leader in different contexts and was Director of Training at the Sherwood Institute from 2002 to 2010.



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### How much will it cost?

If paying for the course in full before 20<sup>th</sup> March 2021:

- SPTI Member Fee is **£1,012.50** (incl. £250 deposit at time of booking)
- Non-Member Fee: **£1,125.00** (incl. £250 deposit at time of booking)

### Instalments Schedule:

*Instalment payments (\*which include an admin fee of £9 per instalment) should be made one month prior to each workshop:*

	<b>SPTI Member Fees</b>	<b>Non-Member Fees</b>
<i>Deposit (due by 20<sup>th</sup> March 2021)</i>	£250	£250
<i>Instalment 1: 20<sup>th</sup> April 2021</i>	£161.50*	£184*
<i>Instalment 2: 20<sup>th</sup> June 2021</i>	£161.50*	£184*
<i>Instalment 3: 20<sup>th</sup> August 2021</i>	£161.50*	£184*
<i>Instalment 4: 20<sup>th</sup> Sept 2021</i>	£161.50*	£184*
<i>Instalment 5: 20<sup>th</sup> October 2021</i>	£161.50*	£184*
<i>Full Fee</i>	<b>£1,012.50</b>	<b>£1,125.00</b>
<i>Full Fee (if paying by instalments)</i>	£1,057.50	£1,170.00

### Methods of payment

#### Cheques

Please make cheques payable to SC&P Please do not send cash in the post. Cash can only be accepted as the full correct amount in person at Thiskney House during office hours.

#### BACS

Bank transfers should be made to NATWEST, 134 Front St, Arnold, Nottingham  
Sort code: 54-21-51 Account Number: 30516935 (Please include Surname, Forename and 20CTra as the payment reference)

As places are limited on this course, please could interested applicants contact [Collette Colver](#) immediately to secure a place.

**Full payment or a deposit of £250 is required at time of booking the full course.**

For more information and bookings, please contact:

Collette Colver, *Graduate Officer*

SPTI Thiskney House, 2 St James' Terrace, Nottingham, NG1 6FW Tel: 0115 844 7904

Email: [collette.colver@spti.net](mailto:collette.colver@spti.net) Website: <http://spti.net/courses/Trauma.shtml>