



The Sherwood Psychotherapy Training Institute

SPTI Certificate: *A relational approach to the treatment of trauma*



November 2024 – March 2025

The programme is offered as **five 2-day weekend workshops**

Fees: £1,134 SPTI Members and £1,260 Non-Members

Start Date: Saturday 16th November 2024

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

Venue: Face to face, Nottingham City.

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.

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

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. The first two-part workshop introduces the key concepts of working therapeutically with people who have experienced trauma. The following 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 with a focus on resilience and the use of self.



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. The course will be delivered face to face.

Training dates:

Workshop	Dates	Topic
Workshop 1	Sat 16 th & Sun 17 th Nov 2024	The Psychophysiology of trauma and implications for practice (part 1 & 2)
Workshop 2	Sat 14 th & Sun 15 th Dec 2024	
Workshop 3	Sat 25 th & Sun 26 th Jan 2025	The development of resilience: the defensive response and the consequences of trauma
Workshop 4	Sat 22 nd & Sun 23 rd Feb 2025	A relational response to working through trauma
Workshop 5	Sat 22 nd & Sun 23 rd March 2025	The remarkable use of self within an in-depth response to complex trauma

In order to qualify for the SPTI Certificate, participants must:

- have 100% attendance
- evidence of 30 hours of appropriately supervised trauma related therapeutic work
- submit a 5,000-word Case Study demonstrating knowledge, understanding and application to practice of trauma theory
- pass a competency profile



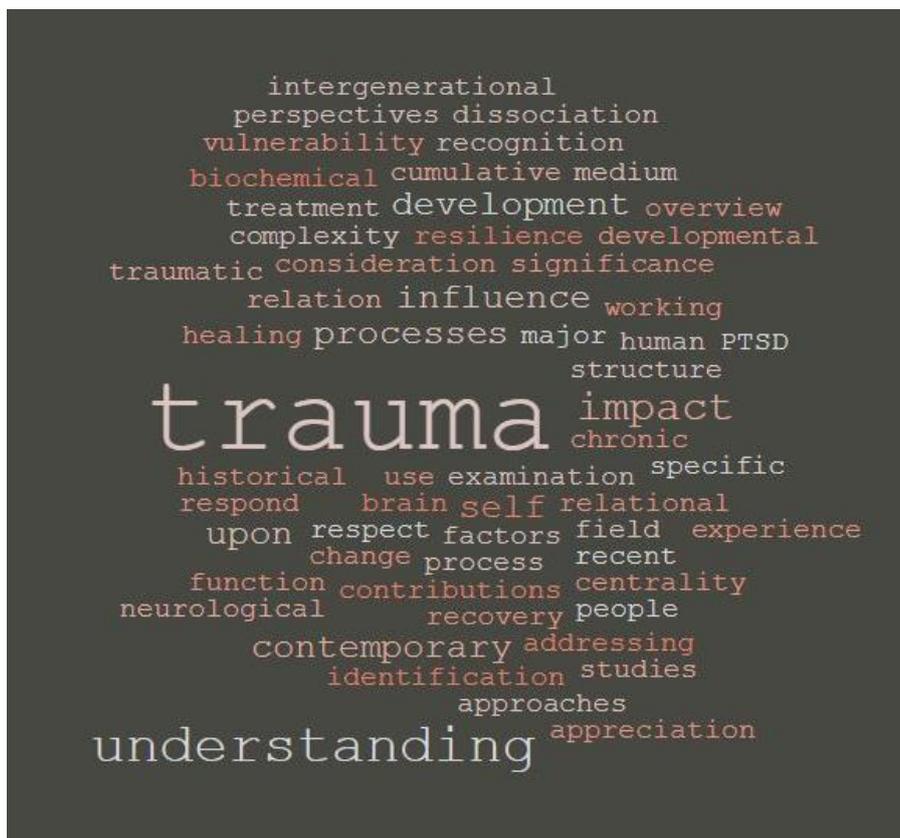
The Sherwood Psychotherapy Training Institute

Fees: SPTI Members £1,134 and Non-Members £1,260. Please note: A deposit of **£300** is required at time of booking. Fees may be paid by four instalments which include an administration fee.

Programme Leader:



Rosemary Langford-Bellaby has extensive training and experience as a psychotherapist, supervisor trainer and consultant. Rosemary has trained in both Gestalt Psychotherapy and Integrative Psychotherapy and has completed additional elements of training in Psychodynamic Psychotherapy, Transactional Analysis, Behavioural Therapy and Client-Centred Counselling. She is accredited with the UKCP and runs a private practice working with individuals, couples, and groups. As part of her work Rosemary has had first-hand experience in the field of Trauma having worked in Israel and Croatia with trauma sufferers and survivors.





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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)

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.

Instalments Schedule:

*Instalment payments *which include an admin fee of £9 per instalment:*

	SPTI Member Fees	Non-Member Fees
<i>Deposit (due by 20th September 2024)</i>	£300	£300
<i>Instalment 1: 20th October 2024</i>	£175.80*	£201*
<i>Instalment 2: 20th November 2024</i>	£175.80*	£201*
<i>Instalment 3: 20th December 2024</i>	£175.80*	£201*
<i>Instalment 4: 20th January 2025</i>	£175.80*	£201*
<i>Instalment 5: 20th February 2025</i>	£175.80*	£201*
<i>Full Fee</i>	£1,134	£1,260
<i>Full Fee (if paying by instalments)</i>	£1,179	£1,305



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Methods of payment

Credit Card

SPTI Member payment of deposit, full fee or instalments:

<https://www.spti.net/fees/product/24ctra-m/>

Non-member payment of deposit, full fee or instalments:

<https://www.spti.net/fees/product/24ctra-n/>

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)

Full payment or a deposit of £300 is required at time of booking the full course.

Bookings

To book your place please complete the online form here:

<https://www.cognitofrms.com/SPTI1/24CTraApplicationForm>

For more information about this training please contact:

Collette Colver

Graduate Officer

SPTI: The Sherwood Psychotherapy Training Institute

2 Castle Quay, Castle Boulevard, Nottingham, NG7 1FW

t: 0115 924 3994 e: collette.colver@spti.net w: www.spti.net

Pronouns She/Her

#MyNamels: [Ko + Let]

Office Hours: Mon, Tues, Weds, Fri 9.00am – 1.30pm, Thurs 9.00am – 3.00pm