

TRAUMA REGULATION AND BUILDING RESILIENCE

RECOVERY AFTER DEVELOPMENTAL TRAUMA

SPEAKER: STEPHEN J. TERRELL, PSYD, SEP

5TH - 6TH JULY
CLAYTON HOTEL BELFAST,
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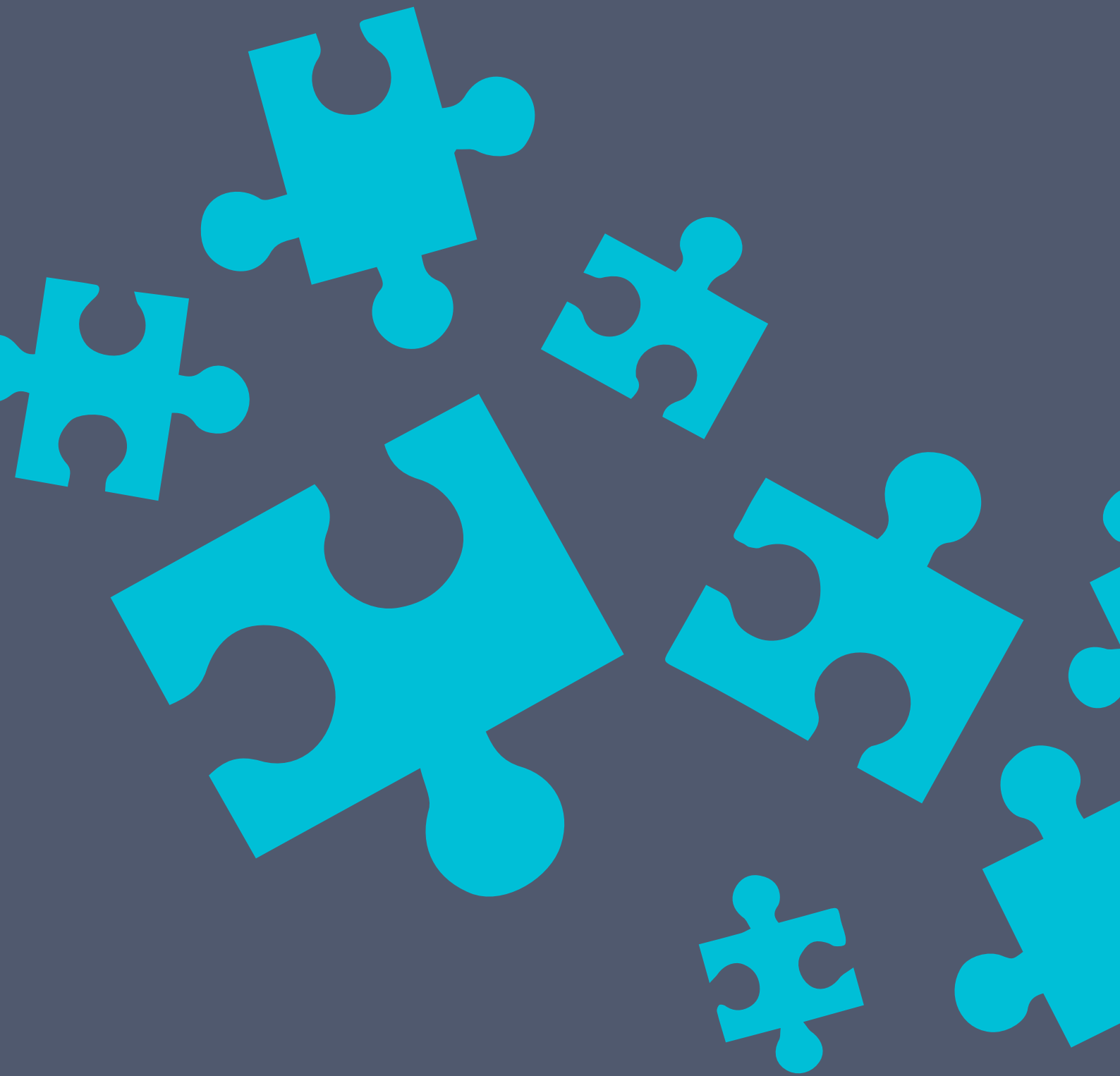


SCHEDULE DAY ONE | JUL 5TH

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| 8:30 – 9:30am | Registration and check-in |
| 9:30 - 11:00am | Introduction to developmental trauma and longterm health, regulation, and resilience. The difference between shock trauma and developmental trauma. |
| 11:00 -11:20am | Break |
| 11:20 - 13:00pm | The biophysiology of trauma. Polyvagal theory and principals of somatic regulation. Assessing activation and de-activation in clients. Demonstration of techniques to work with clients in supporting regulation and resilience. |
| 13:00 - 14:00pm | Lunch |
| 14:00 - 15:30pm | Introduction to the Window of Tolerance and healing. Hyper-arousal and hypo-arousal in clients. How to recognize and work with these |
| 15:30 - 15:45pm | Break |
| 15:45 - 17:00pm | Auto-regulation in the nervous system. Dysregulation and how defensive accommodations develop. How increased nervous system regulation allows for increased self-regulation. The role of narrative in self-regulation. |

SCHEDULE DAY TWO | JUL 6TH

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| 9:00 - 11:00am | Introduction to attachment theory as it relates to developmental trauma. Impact on the organization and function of the nervous system and personality. How co-regulation impacts the nervous system. |
| 11:00 - 11:20pm | Break |
| 11:20 - 13:00pm | The role of somatic touch in bring increased regulation to the nervous system. Principles of somatic touch work. Ethical considerations and somatic work |
| 13:00 - 14:00pm | Lunch |
| 14:00 - 15:30pm | The concept of caregivers and "safe haven" in development. Applications of attunement and safe haven for use with clients. Integrating safe haven with different attachment styles |
| 15:30- 15:45pm | Break |
| 15:45- 17:00pm | The use of somatic techniques that support regulation, while maintaining the safe haven. How attunement supports physiological regulation. How to work with client resistance. |



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