



## Public seminar



Pre-adoption  
Post-adoption  
Permanency

Advice &  
Counselling

## New directions in sensorimotor treatment

### Who should attend

Adoptive parents and other permanent carers Social workers and other professionals working in adoption and permanency.

### Trainer

**Liz Hall** (BA Honours Psychology, PhD in Clinical Psychology, Diploma in Clinical Psychology, and Diploma in Psychotherapy) is an advanced practitioner in Sensorimotor Psychotherapy. Liz is a Chartered Clinical Psychologist and has developed specialist interest in working with trauma and now works with complex trauma and dissociative disorders. She also works in the child protection field providing expert reports for the courts. Liz is co author of 'Surviving Child Sexual Abuse' (1989, revised 1993). She is the UK organiser for the Sensorimotor Psychotherapy Institute based in Broomfield, Colorado and works closely with colleagues in the States.

The days will provide an introduction to working with the body in attachment, developmental trauma and complex trauma. It develops ideas that are based on the new understanding of the neurobiological substrates of trauma reactions and uses mindfulness as a tool. This allows examination of the impact of the trauma long after the event and prevents the re-traumatisation of the client that often occurs through telling the story of the event. The workshop will use a range of techniques including didactic and experiential methods to develop skills. It includes:

- The neurobiological underpinning of trauma and attachment
- The impact of attachment styles and problems
- Working with traumatised adults and children
- Symptom reduction and stabilisation in trauma clients (who often have difficulty in managing their autonomic nervous system's arousal response)
- Somatic resourcing, including applied mindfulness and boundaries
- The reinstatement of active defences

### Date

Tuesday 23 and  
Wednesday 24 October 2012  
10.00am – 04.30pm  
Lunch will be provided

### Venue

NCVO  
8 All Saints Street  
London N1 9RL  
(near King's Cross)

### Prices

**PAC Subscribing Local Authorities:**  
Individuals: £104 (£124.80 incl.VAT);  
Couples: £196 (£235.20 incl.VAT);  
Professionals: £175 (£210 incl.VAT)

### PAC Non-Subscribing Local Authorities:

Individuals: £115 (£138 incl.VAT);  
Couples: £215 (£258 incl.VAT);  
Professionals: £199 (£238 incl.VAT)

### Benefits of attending:

- Understanding of the body and brain reactions in traumatic attachment
- Ways of including the body in our work with traumatised adults, including the use of applied mindfulness
- Specific techniques in developing resources to help reduce destabilising and overwhelming emotions
- Working with carers of traumatised children

**Enrol** [pac.org.uk/training](http://pac.org.uk/training) **Contact** [training@pac.org.uk](mailto:training@pac.org.uk) **Web** [www.pac.org.uk](http://www.pac.org.uk) **Tel** 020 7284 5872

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