

Saturday 14th November 2020

Time: 10:00 to 16:30

Online Workshop 1

Workshop Name: An Integrative Approach to working with Trauma

Facilitator: Anmarie McCarthy Brophy

Workshop: An Integrative Approach to working with trauma for psychotherapists.

Content of Workshop

The experience of trauma can impact individuals and unbeknownst to them can result in symptoms being experienced at somatic, emotional, psychological, neurophysiological, developmental and interpersonal levels. Our aim as psychotherapists is to support individuals in recognising traumatic experiences and help them renegotiate these experiences so that they can move towards being present in the here and now, capable of responding to current exigencies with their fullest potential.

This workshop will provide an introduction to working with trauma by focusing on:

- Exploring the subjective definition for trauma and symptoms of trauma to support therapists in attaining an expansive lens for recognising trauma in their clients.
- Using the aetiology of trauma to inform an understanding of trauma including an introduction to the polyvagal theory and the Autonomic Nervous System. Helping therapists to understand ANS activation, the window of tolerance and the need to build capacity for regulation to support trauma work.
- Exploring different types of traumatic experiences.
- Things to consider in developing an integrative approach to working with trauma.

Bio: Anmarie McCarthy Brophy is an Integrative Psychotherapist who runs a private practice in Dundrum, Dublin. She completed her Graduate Diploma in Integrative Psychotherapy with Turning Point Training Institute and went on to complete her Masters on trauma in Integrative Psychotherapy with DCU in 2014. She is undergoing her final advanced year of training in Somatic Experiencing with SE Ireland. Anmarie's integrative approach draws upon the Humanistic, Psychodynamic, Psychosynthesis, Gestalt, Attachment, Mindfulness and Somatic Experiencing modalities of therapy to inform her trauma therapy.

With a keen interest in developing ways to support clients to renegotiate the complex experience of trauma, Annmarie brings a dynamic and passionate engagement style to this workshop to introduce therapists to the vast landscape of trauma and ways in which to integrate this knowledge into practice.

Annmarie McCarthy Brophy M.Sc. Integrative Psychotherapy; Cert Drugs Counselling; B.Sc.Science. MIAHIP; MIACP; MICP.

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Max number of delegates: 15

Min number of delegates: 5

One-day Workshop Fee: €65.00	All categories of IAHIP members and Non-members	Payable to IAHIP
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Name: _____

Address: _____

Contact Number: _____ E-Mail: _____

Please confirm YES or NO to the following statement: _____

The IAHIP office has my permission to share my email and contact number with the facilitator, in order to ensure I receive my online invitation link to the workshop.