

Saturday 30th January and Sunday 31st January 2021

Two-day online Workshop 7

Time: 10:00 to 17:00 on both days

Lunch break: 13:00 to 14:00

**Workshop Name: Polyvagal-Informed Therapy: Working Relationally with
Trauma**

Facilitator: Debbie Hegarty

Polyvagal-Informed Therapy: Working Relationally with Trauma

A two-day workshop with Debbie Hegarty

This two-day workshop will be an opportunity for participants to learn some practical steps in working relationally with trauma that can be used immediately in your work. It is designed for therapists that are currently working with trauma, as well as those of you that are new to trauma therapy.

Debbie's theoretical orientation is grounded in developmental, relational, neuroscience and humanistic integrative principles. This allows for flexibility in her approach to working with trauma. The philosophy that underpins her approach is that it is the relationship that heals. With this in her heart, Debbie's is ultimately a *process* model of trauma therapy. Participants will learn the value of working through trauma by paying attention to what is happening in the moment-to-moment contact between therapist and client. The trauma story is important, but only with a view to learning from it. During the workshop participants will be encouraged to develop their ability to be in the moment (after all that is where the healing happens) and noticing relational patterns as they occur. Participants will also gain an understanding of the three organising principles of Polyvagal-Informed Therapy.

Bio: DEBBIE HEGARTY, MIAHIP, SIAHIP

MA Integrative Psychotherapy, BA (Hons) Counselling & Psychotherapy, BSc (Hons) Social Science, Diploma in Awareness Psychotherapy, Diploma in Supervision

Debbie Hegarty is an accredited humanistic integrative psychotherapist, family mediator, supervisor, and trainer. She is currently a Module Leader on the B.Sc. (Hons) Counselling & Psychotherapy programme, a Primary Trainer and an IACP Core Trainer. Debbie's background is in adult mental health. She is a former member of An Garda Síochána. Debbie was a board member of IAHIP, was Chair of IAHIP and was a member of the Editorial Board of Inside Out. In her role as manager of a counselling clinic she devised and facilitated community based personal development groups before joining Cork Counselling Services Training Institute in 2013.

Debbie has 15 years' experience as a psychotherapist in private practice and 5 years' experience as a short-term counsellor for the National Counselling Services. She has specialised training in working with trauma and dissociation and her current field of interest is Relational Psychotherapy. She has researched, published articles, and delivered workshops in the field of mental health and psychotherapy.

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Facilitator: Debbie Hegarty

Max number of delegates: 20

Min number of delegates: 6

Two-day Workshop Fees: €130.00	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.