



Association of Christian Counsellors Midlands and East Anglia Regional Training Day

## Dr Liz Hall

will be speaking on

# “An Introduction to Trauma and the Body: From Theory to Practice”

**on Friday 10 September 2010  
9.00 am to 1.00 pm plus lunch**

at Hothorpe Hall, Theddingworth, Leicestershire, LE17 6QX

**Dr Liz Hall** has been a clinical psychologist since 1974 and a psychotherapist since 1983. She worked in the mental health services of the NHS in Scotland before moving into private practice in Lincoln in 1995. Liz has over thirty years' experience of working with clients presenting complex trauma and dissociative states. She co-authored the book *Surviving Child Sexual Abuse* (with Siobhan Lloyd, 1989, updated 1993).

She now works in private practice with similar clients and has a busy forensic practice providing expert reports for the family courts. Liz is the UK Training Organiser for the Sensorimotor Psychotherapy Institute. She has completed the Sensorimotor Trauma and Advanced Trauma Trainings (for working with complex trauma clients) and the Developmental Training and is also part of the Sensorimotor Psychotherapy Institute's Teacher-in-Training Programme. She is currently doing the level 3 certification training.

This workshop will provide an introduction to working with the body within a talking therapy. 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 retraumatisation of the client that often occurs through telling the story of the event. This will mainly be a lecture-style presentation incorporating video footage and didactic and experiential work. We will study:

- The neurobiological underpinning of trauma
- Symptom reduction and stabilisation in trauma clients (who often have difficulty in managing their autonomic nervous system's arousal response)
- Applied mindfulness in therapy
- The reinstatement of active defences, boundaries and somatic resourcing
- Psychoeducation.

Please email [briggs.debs@googlemail.com](mailto:briggs.debs@googlemail.com) if you would like booking details

Cost is £52.00 including lunch or £40.00 just for the morning (ACC Members' discount available).

Limited places with student discount available (student ID required on booking)

**4 hours' CPD**