

The **2gether** NHS Foundation Trust's  
Psychological Therapy Service invites you to:

## New Solutions in the Treatment of Trauma and Dissociation

**A workshop facilitated by Dr. Janina Fisher**

**At:** Dowty Sports and Social Club, Down Hatherley Lane,  
Down Hatherley, Gloucester GL2 9QD

**Time:** 9:15am registration, refreshments and networking

**Workshop:** 9:45am – 5:00pm including buffet lunch

**When:** Wednesday  
14 July

**Place:** Gloucester

**Early Bird  
Discount available**

Treating the legacy of childhood trauma and neglect is not simple for even the most experienced clinician. The work is frequently complicated by dissociation-related challenges including shifting states of consciousness, paradoxical responses to treatment, autonomic dysregulation and impulsivity, problems with memory and continuity, shame and self-sabotage, and crises in the therapeutic alliance.

This workshop will offer a conceptual model for treating the effects of trauma and dissociation and present techniques to engage clients who are resistant, overwhelmed, impulsive, preoccupied with internal stimuli and unable to effectively process verbal input.

These verbal and somatic approaches emphasize present moment experience and help clients to better integrate the therapeutic work by fostering internal coherence and mindfulness and strengthening capacities to deal with the challenges of daily life. Because they are inherently stabilizing they are appropriate for clients presenting with any trauma-related diagnosis, including Borderline Personality Disorder and bipolar disorder as well as Dissociative Identity Disorder and other Dissociative Disorders.

It is hoped that the workshop will enable participants to:

- Develop their understanding of dissociative phenomena, including the differences between “state” versus “trait” dissociative symptoms.
- Utilize mindfulness techniques to counteract dissociation-related symptoms and impulsivity.
- Employ cognitive and body-centered techniques that decrease regression and resistance in therapy.

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**Dr. Janina Fisher** is an Instructor and Senior Supervisor at The Trauma Centre, an outpatient clinic founded and directed by Bessel van der Kolk, and maintains a private practice in psychotherapy and consultation in the Boston area. She is also an EMDR International Association Consultant, a trainer for the Sensorimotor Psychotherapy Institute, past president of the New England Society for the Treatment of Trauma and Dissociation, and a former Instructor in Psychology, Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to trauma, dissociation, and the integration of the neurobiological research into clinical practice

**New Solutions in the Treatment of Trauma and Dissociation  
Wednesday July 14, 2010**

**Registration Fax Back Form**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Postcode** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Profession** \_\_\_\_\_

**Do you have any dietary requirements?** \_\_\_\_\_

**Workshop Fees include refreshments and a buffet lunch**

- Register by 1 May - £95 plus VAT
- Register after 1 May - £105 plus VAT

Please do not send any payment with your registration form. Invoices and directions to the venue will be sent on receipt of your form.

**Please complete the details above and fax to 01452 412800.**

**Alternatively**, please post this form to: Rebecca Clarke, Psychological Therapies Service, Burleigh House, Nettleton Road, Gloucester GL1 1QD.

**If you would like further information, please call Rebecca on 01452 509018.**

**Cancellation Terms:** Any bookings cancelled before June 30th - £70 refund.  
Cancellations after July 1st - no refunds given.