



Workshop

Trauma and the Body

Presented by Dr Andrew Harkin

PLEASE NOTE, the COTWA Annual General Meeting will be held at 8.00am on Saturday 27 March, prior to the start of the second day.

Dates: 8:30am-5:00pm, Friday 26th March 2021
9:00am-5:00pm, Saturday 27th March 2021

Registration: Registration opens on Wednesday 17th February
Registration closes Sunday 21 March 2021

Venue: Trinity on Hampden Conference Centre, 230 Hampden Rd, Crawley WA 6009



Catering: Tea and a light lunch will be provided
Please advise special dietary requirements at time of registration

Cost: \$300 for members listed on the COTWA Directory
\$500 for COTWA General and Clinical Members
\$750 for non-members

Options to save on the Workshop Fees

1. If you are not yet a member of COTWA
This is the perfect opportunity to sign up as you'll save \$100 off the non-member workshop fee (\$150 COTWA membership fee & \$500 workshop fee for members = \$650).
2. If you are a Clinical Member of COTWA
Register on the COTWA directory, and save \$200 off the Members workshop fee

About the Workshop

Day One - An Introduction to Working with the Body in Complex Trauma Treatments

Current research indicates that trauma is largely remembered non-verbally, leaving the body and nervous system primed for future threat. Many traditional approaches to treatment lack techniques to work directly with this physical legacy of trauma; indeed, the body has largely been left out of the 'talking cure'.

Through a combination of lecture material, experiential exercises and discussion, this workshop will introduce a body-oriented approach to working with unresolved trauma. Andrew's approach to training encompasses not only the most recent theoretical understanding regarding neuroscience and the impact of our experiences on our body, but also provides a clear and pragmatic link between theory and practice.

At the conclusion of day one, participants will be able to:

- Review current neuroscience and practical applications in relation to safe trauma work.
- Understand the role of the body in trauma treatment, including the role of procedural learning and its relevance to trauma treatment.
- Apply simple somatic techniques to facilitate clients' self-regulation (including directed mindfulness).
- Acquire increased knowledge and skills in assisting clients to develop body-based resources and enable them to experience and stabilise embodiment.
- Understand the significance of the relational field in body-based psychotherapy.
- Acquire increased knowledge and skills in incorporating bodily experience into all phases of trauma therapy.

Day Two - Deepening Resources for Stabilisation

The second day will build on content covered in the first day, with particular focus on assisting clinicians to use more advanced body-based psychotherapeutic techniques to enrich and enhance their treatment approach to clients presenting with unresolved trauma.

Areas of focus will include the impact of somatics on the therapeutic relationship, and assisting clients to effectively access body-based resources to improve their capacity to regulate strong emotion and physiological arousal and more effectively process their traumatic experiences. The workshop will include both didactic and experiential material, with an emphasis on the provision of practical skills for body-based psychotherapy practice.

At the conclusion of day two, participants will have:

- Practiced simple somatic techniques to facilitate clients' self-regulation (including directed mindfulness).
- Grasped the significance of the relational field in body-based psychotherapy.
- Acquired increased knowledge and skills in incorporating bodily experience into all phases of trauma therapy.
- Acquired increased knowledge and skills in assisting clients to develop body-based resources and enable them to experience and stabilise embodiment.
- Acquired practical skills for the development of advanced resourcing that supports clients' trauma processing.

Who is this Workshop for

This workshop is suitable for those working professionally with clients who have experienced complex trauma and who have current professional registration with an Australian regulatory body:

- General Practitioners
- Occupational Therapists
- Social workers
- Counsellors
- Psychologists
- Psychiatrists
- Psychotherapists
- Mental Health Nurses

Applicants who do not meet the above criteria can apply on an individual basis to the COTWA Board by emailing diana.phillips@complextraumawa.org.au or vivien.bainbridge@complextraumawa.org.au. Consideration will be given to the applicant's:

- Nature and length of employment
- Educational background and qualifications
- Training in trauma
- Support from the applicant's supervisor and/or employer

About the Presenter - Dr Andrew Harkin

Andrew Harkin graduated as a medical doctor from the University College in Dublin in 1990. Having a keen interest in the holistic treatment of his patients, Andrew completed a two-year postgraduate training course in 1998 with the Sensorimotor Psychotherapy Institute in Colorado, USA. He subsequently became lead trainer at the Sensorimotor Psychotherapy Institute and taught psychiatrists, psychologists, and psychotherapists in the fields of trauma and attachment across the United Kingdom, Europe, North America, and Australia for more than five years.

Andrew has also trained in other trauma-related models such as Eye Movement Desensitization and Reprocessing (EMDR), Brainspotting, and the Comprehensive Resource Model (CRM). Additionally, he is a teacher in Mindfulness Based Cognitive Therapy (MBCT), having trained with the Centre for Mindfulness Research and Practice at the University of Bangor in North Wales.

In 2013, Andrew and his family emigrated to Western Australia to take a position as a Senior Therapist in a psychiatric day hospital. In 2016, he recorded the TED Talk, Mind the Gap: Moving From Brain to Body to explore the importance of reclaiming a sense of health and a sense of belonging in the body. Andrew now divides his time between providing training across Australia for mental health clinicians in body-based approaches to psychotherapy, and a private practice in Bunbury.

Workshop Enquiries

Diana Phillips

diana.phillips@complextraumawa.org.au

Vivien Bainbridge

vivien.bainbridge@complextraumawa.org.au

Membership/Directory Enquiries

Sonia Smuts

sonia.smuts@complextraumawa.org.au