

Trauma & The Struggle to Open Up: The Therapeutic Relationship as a Catalyst for Healing

Day 1: October 28, 2019 9am to 4pm

Module 1: Opening up about trauma: A relational process

- When the expectation is to stay silent about the past: *You mustn't tell anyone!*
- How trauma stories "leak out" with the therapist
- Client avoidance of the past, painful feelings and relationships
- Mutual avoidance: When client *and* therapist avoid: *This trauma is too scary to handle!*

Module 2: How to pace the process of opening up: The dangers of rushing into trauma work when the therapy relationship is unprepared

- Strategies to provide containment when the client rushes in
- When the client rushes to forgive the perpetrator
- When the therapist rushes into trauma work and unknowingly undermines the process
- Avoiding *quick fixes*

Module 3: Strategies to bring a sense of safety to the therapeutic relationship

- Taking the client's suffering seriously: *Sounds easy! It isn't*
- Naming client traumatic experiences when the client disagrees: *"I'm no victim!"*
- Honesty in the therapeutic relationship: Easier said than done

Day 2: October 29, 2019 9am to 4pm

Module 4: Helping clients mourn traumatic losses: A relational process

- Bringing emotion into the work
- How mourning brings posttraumatic growth
 - Facing a lost childhood
 - A changed worldview
 - A changed view of self

Module 5: Navigating and using conflict in the therapeutic relationship

- The relationship can easily go off the rails: When enactments bring ruptures
- How to repair a ruptured alliance
- Helping the client mentalize: Unpacking the conflict

Module 6: Beyond the trauma: Reclaiming identity

- When trauma dominates identity
- Helping clients reclaim intentionality, dignity, personal values