

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

Presented by Robert T. Muller, PhD

## Workshop Details

**October 28-29, 2019**  
**9am – 4pm**

## Location

**Quality Inn &  
Conference Centre  
Festival**  
**1144 Ontario Street**  
**Stratford, Ontario**

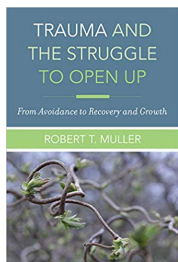
## Fees:

Early-Bird Rate: \$379 + HST  
After Sept 27: \$409 + HST  
*Fee includes lunch, morning and afternoon refreshments AND a copy of Dr. Muller's new book: **Trauma & The Struggle to Open Up: From Avoidance to Recovery & Growth.***

*\*Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop\**

## Registration

Register online at  
**missionempowerment.ca**



## About the Workshop

This practical workshop, led by a leading expert on trauma and based on the book *Trauma and the Struggle to Open Up*, will address ways to effectively navigate the therapeutic relationship with trauma survivors to help facilitate recovery and growth while avoiding common pitfalls.

Participants will learn how to:

- Help clients *pace* the process of opening up so that they find the experience helpful, not harmful
- Bring safety to the therapeutic relationship early on
- Navigate and *use* conflicts in the relationship to enhance the work
- Help clients mourn traumatic losses to bring posttraumatic growth
- Successfully navigate challenges that clients may bring including difficulty trusting the therapist/helper; minimizing their own traumatic experiences; becoming help-rejecting; either avoid trauma work *or* rushing too quickly into the work; and transference in the helping relationship.

Throughout the workshop, theory is complemented by case examples, practical exercises, and segments from Dr. Muller's own treatment sessions. The workshop focuses on clinical skills that are directly applicable in our work as helpers.

## Who Should Attend?

Counsellors, psychotherapists, psychologist, psychiatrists, helping professionals working in health, education and social service settings and in private practice, and who have a core professional training.

## About the Presenter

**Robert T. Muller, Ph.D.**, is a leading expert on trauma therapy and a globally acclaimed author of the psychotherapy bestseller "Trauma and the Avoidant Client". Trained at Harvard, he is currently on faculty at York University. He is a Fellow of the International Society for the Study of Trauma and Dissociation for his work on trauma treatment. He has lectured internationally and has been a Keynote Speaker at numerous mental health conferences.

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