



Titration Trauma

A practical approach,
interweaving the three
phases of healing

Or drip, drip, drip...

“Trauma survivors have symptoms instead of memories”

J. Harvey 1990

So traditional talking therapies have their limitations!

Recent new approaches in treating trauma has created a new evidence based practice of working with the body which creates client safety in the present. Find out how to help the client create a solid safe foundation to begin to separate past from present by gaining a practical understanding of “how the body keeps the score”(Bessel Van der Kolk).

Trauma causes a disconnect from the body. Come and experience the many strategies which invite the client to connect back to their body in a safe way.

- What is body memory?
- What if tying implicit memories to specific events is not as helpful as labelling it as a body memory?
- Why is closeness so hard to tolerate for trauma sufferers?
- What are the habits of anticipation?
- How did those symptoms help the client survive?
- Why is the use of words still important?
- Is the trauma narrative necessary for healing?

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for professionals who work with trauma.

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