

Working with Developmental Trauma
'Trauma in the womb'
Online Workshop
10am - 4pm on Saturday 10th December.

Dr Emma Hayes



£35 for Olive Branch staff/volunteers and £70 for external
6 hours CPD recognised towards the UKCP Mental Health Familiarisation Portfolio'
To book CPD@theolivebranch.org.uk

How does such trauma impact a person's sense of self, their ability to form relationships and how they experience fear? People with this trauma often feel continuous fear, with no sense of safety or security, no matter where they are or how they live. The trauma can be experienced as a haunting, forming a shadow over their lives and the fear can suffuse them, despite using complex coping strategies (addiction, OCD, self-harm and withdrawal, for example). This type of trauma remains a constant in their lives, causing lifelong mental illness and health difficulties. Some clients may have been diagnosed with personality disorders, such as Borderline Personality Disorder (EUPD) and narcissism although often what they are actually experiencing is the negative impact of complex post-traumatic stress disorder. Some will also experience Dissociative Identity Disorder, a survival strategy that has kept them safe usually from a very early age.

This workshop aims to explore how we can work with people who experienced severe threat and trauma in utero and in their most fundamental first few years of development. Developmental trauma comes from all types of abuse and neglect (emotional, physical, psychological). It can also come from experiences of extreme fear, such as due to war, famine and enforced migration.

Beginning with some theory to give developmental trauma context we will then explore why it can have such an enormous, lifelong detrimental impact. Part of this exploration will be a dip into our own experience of birth and coming into being, often something we don't take much notice of. We will then move towards what we as counsellor or psychotherapists can do to enable our clients to gain enough safety and psychic space to begin to open up theirs (and our) curiosity, helping our clients to separate the present moment from the original trauma, something that clients with this type of trauma find particularly difficult to do.

Dr Emma Haynes (PhD) A UKCP registered psychotherapist, and Training and Supervising Transactional Analyst, works in private practice specialising in maternal mental illness and developmental trauma. She is a lecturer at Metanoia Institute in the TA department.