

James Thomas kouluttamaan Helsinkiin syksyllä 2017

8-9.9.2017 Attachment, EFT and Trauma Work: Relational Resources in the Treatment of Trauma

Attendees will develop an attachment-based view of trauma, and how relational therapy aids and may be a primary intervention in addressing trauma.

Attendees will learn about how trauma outside of the relationship can impact a couple and ways to address this trauma to strengthen their bond.

We explore how couples or family therapy provides an optimal place for healing childhood sexual abuse and other childhood traumas with adult clients.

We will learn how a trauma within a relationship, an attachment injury, complicates couples therapy, and how explore a road map for healing these betrayals in a way that strengthens the relationship.

10.9.2017 Working with Emotional Withdrawal:

Attendees will visit the world of emotional withdrawers in order to strengthen their work with couples and families. These people often present as not having strong emotions, not understanding why their partner wants more from them, and feeling blamed in the negative cycle by their partner.

We will look at how emotional withdrawal typically reflects an avoidant attachment style. We will learn and practice applying EFT techniques and focus to access and make space for emotional withdrawal in the room.

Understanding emotional withdrawal and making space for it in the session has a significant positive impact on couple's therapy work.

Lisätietoja tulee Suomen Pariterapiayhdistyksen sivuille, www.pariterapia.fi