



Naomi Halpern from Delphi Centre in association with South Coast Psychology presents...

The Problem is Not the Problem: A Trauma Informed Approach to Working with Complex Trauma

Overview

In this workshop, Naomi will explore definitions, similarities, differences and overlaps of complex trauma, attachment trauma and developmental trauma and implications for therapy. Drawing on a 'parts' approach to understanding the human psyche and response to trauma, participants will gain a deeper understanding about working with:

- Diagnosis through a trauma lens – the limitations of labels
- Core trauma dynamics:
 - Locus of control shift
 - Ambivalent attachment to the perpetrator
 - The external and internal victim – rescuer – persecutor triangle
- Disorganised attachment and implications for the therapeutic relationship
- Parts stuck in freeze- flight-flight- people pleasing.
- The trigger loop
- Reframing resistance

Naomi trained as a social worker in the United Kingdom. Her career began with children in short stay emergency care, homeless youth, and convicted offenders in government and NGO's, providing advocacy, psychosocial education, recreational opportunities, skills training, supervision and counselling.

In 1987, Naomi went into private practice in Australia at Delphi Training and Consulting, where she developed expertise in therapy for adult sequelae of childhood relational trauma and abuse.

Naomi provides clinical training, consultation and supervision around complex post-traumatic stress, dissociative disorders and related impacts of childhood developmental trauma and abuse, for mental health professionals working with adult victim / survivors, intergenerational trauma, gender-based violence, and other trauma. She has a wealth of experience working with people across socioeconomic groups, faiths and sexual orientation.

Learning objectives

Participants will be able to:

1. Formulate a 'parts' approach in working with complex trauma and attachment related conflicts.
2. Describe three core trauma dynamics and identify when these are activated within the client's internal and external world and in therapy.
3. Engage therapeutically appropriate to a parts attachment style.
4. Work within the window of tolerance
5. Unlock conflicts that drive the internal victim – rescuer – persecutor triangle
6. Apply four strategies to assist internal communication and develop internal secure attachment

Where: The Conference Room of The Langlands Hotel, 59 Dee St Invercargill 9810

When: September 18th, 2023, 9:00am – 4:30pm

Cost: \$250

Please contact Dallas for more information psych.assist@southcoastpsychology.co.nz

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