Workshop overview

Secondary trauma within a therapeutic relationship often occurs as a result of unconscious transmission of traumatic experience via body-to-body resonance between therapist and client. More recent research indicates that empathy is not only a psychological phenomenon but a highly integrated process involving both cognitive and somatic processes.

This seminar helps you reduce the risk of secondary trauma, the symptoms of which are often similar to ‘burnout’. The day will include theory and there will be an emphasis on experiential learning, providing practical techniques you can use to enhance your practice.

Experiential learning combines simple body-based strategies with mindfulness and breathing techniques, which support regulation specifically of the autonomic nervous system. You will receive a toolkit of body-based strategies as part of the workshop.

Speaker: Charlie Blowers
UKCP arts psychotherapist and supervisor with a background in physical theatre. She works as a freelance facilitator, trainer and consultant to a range of organisations within the performing arts and mental health. She is currently training in the Feldenkrais method.

Venue
Faculty of Education, Donald McIntyre Building, ground floor ROOM G55

How to book
£80 (concessions £65 for Faculty of Education students and staff)
Book via: onlinesales.admin.cam.ac.uk
Refreshments and lunch provided [included in fee]

Queries
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