



THE BRITISH ASSOCIATION FOR PSYCHOANALYTIC
& PSYCHODYNAMIC SUPERVISION



AUTUMN CONFERENCE

Saturday 10th October 2020

10.00 a.m.– 3.30 p.m. (9.30 a.m. Registration) followed by AGM 3.40 p.m.– 4.40 p.m.

The Tavistock Centre, London

Using the relationship to heal trauma: Rupture, repair, and relational work with clients and supervisees

Robert T. Muller, PhD

This practical workshop, led by Dr. Robert T. Muller, a leading expert on trauma therapy, and globally acclaimed author of the psychotherapy bestseller: *Trauma & the Avoidant Client* - is aimed at building our understanding of the therapeutic relationship in trauma treatment and supervision.

As clinicians, we try to maintain a strong therapeutic relationship, but this can be easier said than done. Trauma clients struggle to trust the therapist. This can be mirrored in the supervisory relationship.

Drawing on attachment theory, relational psychodynamic perspectives, and a wealth of clinical experience, Dr. Muller explains how to work with such hard-to-treat clients, how to find points of entry and ways to make contact. The workshop addresses strategies for navigating the ups and downs of the therapeutic relationship, to help trauma clients regain a sense of trust in others. And, we apply this thinking to the supervisory relationship, especially where trauma-related themes appear in the work.

We explore therapeutic techniques through which the client is encouraged to take interpersonal risks, to mourn losses, and to face vulnerabilities. Specifically:

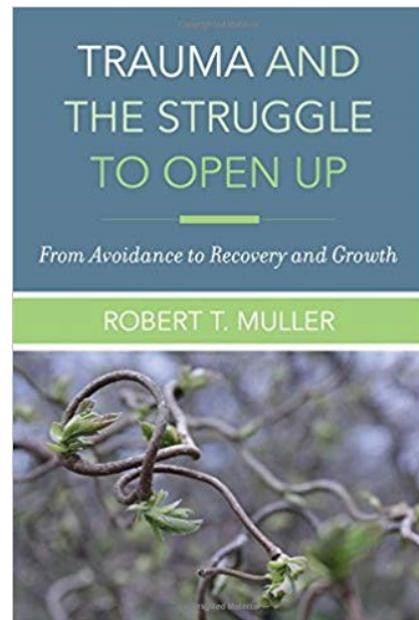
- What are the countertransference themes most common to trauma therapy?
- How can subtle conflicts in the therapeutic relationship become useful in trauma treatment?
- And how do these themes make their appearance in supervision?

Throughout the workshop, theory is complemented by case examples, practical exercises, and segments from Dr. Muller's own treatment sessions. The workshop focuses on clinical skills that are directly applicable in our work as therapists and supervisors.

Robert T. Muller, Ph.D., C.Psych. trained at Harvard, was on faculty at the University of Massachusetts, and is currently at York University in Toronto. Dr. Muller is a Fellow of the International Society for the Study of Trauma & Dissociation (ISSTD) for his work on trauma treatment. His recently-released "Trauma & the Struggle to Open Up" was awarded the 2019 ISSTD award for year's best written work on trauma. And his award-winning bestseller, "Trauma & the Avoidant Client" has been translated widely. As lead investigator on several multi-site programs to treat interpersonal trauma, Dr. Muller has lectured internationally (Australia, UK, Europe, USA), and has been keynote speaker at mental health conferences in New Zealand and Canada. He founded an online magazine, "The Trauma & Mental Health Report," that is now visited by over 100,000 readers a year. With over 25 years in the field, he practices in Toronto.

Attendees are recommended to read Dr. Muller's new book, Trauma & the Struggle to Open Up, which focuses on the therapeutic relationship in trauma treatment, available on Amazon books at:

https://www.amazon.co.uk/Robert-T-Muller/e/B0033AF05A?ref=sr_ntt_srch_lnk_1&qid=1570553896&sr=1-1



Cost including hot lunch and refreshments: Non Members: £95 / Early Bird: £85;

Members: £80 / Early Bird: £68; Retired BAPPS members; £45

Early Bird deadline bookings made by 31st July 2020

admin@supervision.org.uk

WWW.SUPERVISION.ORG.UK

Venue: The Tavistock Centre, 5th floor Lecture Theatre, 120 Belsize Lane, London NW3 5BA

Nearest tubes: Finchley Road, Swiss Cottage

Our Conferences are open to Supervisors and experienced Therapists - BACP, UKCP, BPS or BPC qualified, or anyone interested in Psychoanalytic Supervision. BAPPS is an organisational member of UKCP and aims to promote education, training and the highest ethical standards of practice in supervising psychoanalytic and psychodynamic psychotherapy.