

## **Healing Trauma Training Workshop with Hilary Betts MSc [www.hilarybetts.co.uk](http://www.hilarybetts.co.uk)**

This training workshop has been set up to help therapists to work effectively with developmental and relational trauma, and to educate therapists who offer healing to individuals with childhood trauma.

The workshop uses integration models, and as a foundation, Pia Mellody's Post Induction Therapy Model (PIT) along with other attachment based methodologies.

### **My Philosophy**

The Healing Trauma training workshop is a developmental and relational trauma model based on the belief that individuals who have experienced suffering in their lives can receive relief, healing, and experience joy again. This in turn creates a new experience of their life that brings more joy and fulfilment, and creates deeper connections and attachments in relationships.

Developmental trauma is defined as experiences of emotional, physical, sexual, spiritual, intellectual or neglectful abuse the person has experienced in their life from birth through eighteen.

Whether in the family of origin or from others outside of the home, abuse can have an effect on others in a variety of dysfunctional ways. After experiencing this in childhood, the affects of the dysfunction manifest in relationships in adulthood, and pervasive patterns can still operate in a dysfunctional manner in the here and now.

Even individuals, who've grown up in healthy families who experience trauma(s) as adults, can experience relational trauma. Relational trauma is a break in the attachment bond with a partner/friend which brings about betrayal and abandonment issues. This kind of adult pain, by definition, creates relational trauma.

### **Who Can Train?**

Healing Trauma training workshop is designed for clinical counsellors, social workers, marriage and family counsellors, Master's level trained professionals, and certified relational coaches who are interested in a systematic approach to trauma treatment.

The training workshop integrates the pioneering work of Pia Mellody's Post Induction Therapy Model (PIT) and I recommend that participants read her books, Facing Codependence, Facing Love Addiction and The Intimacy Factor before attending.

### **Recommendation**

I recommend each participant attends one of my Healing Trauma workshops, to address their own family of origin and trauma issues, for his/her own personal development.

## **Two Day Training Workshop**

The two day training workshop will encompass a variety of teaching styles. It will include lecture, group discussion and practicum.

The focus of this training is to introduce therapists to a broad overview of developmental and relational trauma, and its impact on adult functioning. It will introduce, explore extensively, and apply Post Induction Therapy, and its practical implications are explained in detail.

The lectures, and group discussion educate participants about developmental immaturity or childhood trauma by understanding the five core symptoms, secondary symptoms and relational issues, the different types of abuse, and how boundaries both external and internal are violated.

The practicum consists of a volunteer from the group working with me on their own family of origin history and trauma issues. After this training workshop, you will have practical skills you can apply to working with your clients. All therapists will be observing in a fishbowl style, and there will be an opportunity for questions and consultation on treatment at the end.

I teach the concepts of inner child, and feeling/shame/trauma reduction processes. In addition I teach how to manage trauma through the body, and how to maintain recovery and prevent relapse.

### **Cost**

The cost of the two day workshop is £300 per person, and payment is due at the time of registering for the workshop.

### **Location**

The training workshop takes place at the Novotel Hotel, Knebworth Park Road, Stevenage, Hertfordshire, on a Sunday and Monday to be arranged. Please contact me for details.

### **Contact**

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