

# **Healing Trauma Workshop**

**with Hilary Betts Msc**

Hilary completed further training in Post Induction Therapy (PIT) with Pia Mellody, in 2006. Since then she has been facilitating Healing Trauma Workshops, based on the pioneering work of Pia Mellody, and her 'Survivors' work at The Meadows.

The Healing Trauma Workshop is a 2 day long intensive programme, investigating the origins of adult dysfunctional behaviours. In this educational and experiential process, participant's primary focus will be to learn to identify and address those early childhood and adolescent issues which have fuelled various addictions, depression/mood/anxiety disorders and painful relationships.

In this revolutionary process, it's about getting in touch with the feelings that follow any 'less-than-nurturing' events which occurred in the past. PIT therapy is aimed at working through and correcting unhelpful and self destructive thought processes, along with helping to resolve the consequential anguish and grief.

The Healing Trauma Workshop is divided into 3 phases.

The Informational/Educational Phase: The Debriefing Phase: The Experiential Phase.

## **The Informational/Educational Phase:**

Group participants are educated on the 5 core symptoms of codependence, the secondary symptoms, and the resulting difficulty with intimacy and relationships, the nature of 'less-than-nurturing' or abusive behaviour, and the resulting feelings. Through interactive group discussion, individuals will become well informed on the need for healthy boundaries, and recognise the effect of boundary violations on adult behaviours. A blameless approach is used to focus on the individual's perception of their childhood, and the significance of their relationship with their parents or primary care givers.

## **Debriefing Phase:**

Individual's will recollect traumatic childhood and adolescent events, explore the memories of the events that took place, and work through the associated feelings and grief in a nurturing and safe environment, with the support of other individuals who have experienced similar circumstances.

## **Experiential Phase:**

It is in this phase that individuals find tremendous release of painful feelings, and carried shame, and begin the transformation from victim to survivor. Individuals will learn to heal and thrive, finding the validation they've been looking for, and making new associations with events that occurred throughout their early years. This work is symbolic, and confronts the issues of the shame core, alerts one to the source of his/her carried shame, helps one to understand how the sense of worthlessness originated and identify its point of origin, allows one to detoxify from his/her carried shame or experience of worthlessness, reduces the number of, intensity, and length of shame attacks, allows one to identify those persons who are responsible for the trauma, establishes who is to be held accountable, places the responsibility for the healing process on oneself, retrieves self esteem and empowers him/herself (through empowerment one experiences self worth, and is a cleansing process in which the survivor gives back the shame and other feelings to the source) Inner child work is embarked on, as an intervention modality used in the reparenting process. This process enhances your ability to take care of yourself, and maintain an adult ego state. At the end of The Healing Trauma Workshop, individuals will be able to turn the volume down on over reactions to current day adult dysfunction and trauma. This is the process of becoming a **Functional Adult**, allowing a person to become maturely relational.

## **Venue:**

**THE NOVOTEL HOTEL (4 \*), Knebworth Park Road, near Stevenage, Hertfordshire SG1 2AX**  
[www.accorhotels.com](http://www.accorhotels.com) Just off Junction 7 of the A1(M) set among the tranquil grounds of Knebworth Park. Rail: Stevenage Station, 25 minutes to London Kings Cross.

**Workshop Dates: Usually run on a Sunday, and Monday and at the end of each month**

**Cost: £1,250 (workshop only) for accommodation and food, please make your own arrangements.**

## **Reservations:**

To reserve a place on the workshop and make a deposit of **£250** please telephone **07812 173766** or email [hilary.betts@hotmail.com](mailto:hilary.betts@hotmail.com). The payment in full is due one week before the workshop starts. Thank you.

If you'd like to read Hilary's bio/cv, then go to [www.hilarybetts.co.uk](http://www.hilarybetts.co.uk) or visit my Facebook page, Hilary Betts-Addiction and Trauma Therapist. If you'd like to read Alistair's bio/cv, then go to [www.lifeforcetraumahealing.com](http://www.lifeforcetraumahealing.com). **Recommended reading** 'Facing Codependence' and 'Facing Love Addiction' by Pia Mellody.