

PSYCH-BYTES

Short CPD workshops for counsellors, trainees, and other helping professionals
Facilitated by Brian McMinn

UNDERSTANDING DEVELOPMENTAL TRAUMA: THE FRACTURED SELF



The acknowledgement of developmental trauma as a defined recognised experience is relatively new in medical and mental health circles. It refers to the impact of unhelpful relational connections in early life, especially between birth and three years old, which sensitises particular brain centres. This often results in heightened sensitivity in adult life, and struggles in maintaining stable relationships with self and others. Sometimes persons experiencing extreme impact of developmental trauma are unhelpfully labelled in psychiatric services (e.g. as borderline) which contributes to added shame and stigma, making therapeutic work more difficult.

In this workshop we will examine definitions of developmental trauma, how to recognise this in ways that can support our clients and guide our work as therapists, and how to understand these experiences in relation to our own developmental difficulties.

While this is not a training in trauma work, it can provide insight into the nature of developmental trauma, help attendees recognise its impact, and work sensitively within their own professional limits of competence. This workshop is suitable for those wanting to learn more about developmental trauma and who may be considering further training.

I will be offering a gestalt perspective, which fits well for those trained, or training in, humanistic approaches.

Saturday 7th September 2019, 1pm - 3.45pm

Toxteth Library, Windsor Street, Liverpool, L8 1XF (parking nearby)

Cost £50

To book a place please email me: b.d.mcminn@icloud.com

Brian McMinn MSc MA: I'm an accredited Gestalt therapist, working part-time for Liverpool University and in private practice. My background is in industry (electrical and electronics), and as a tutor/lecturer/programme leader/course leader in FE and HE settings. I have been practising as a therapist for 25 years...I hope to get it right soon!