

## Managing Power, Control, Boundary and Attachment Dynamics when working with Survivors of Abuse: Video Course

Christiane Sanderson

Video Course  
CPD/CE credits: 5

Price: £135



Online video access remains available for 1 year from the date you receive the video course.

When working with survivors of physical, sexual, domestic or spiritual abuse, practitioners need to **ensure that abuse dynamics do not inadvertently get replicated in the therapeutic process**, while always being mindful of the need to minimise re-traumatisation. As therapists, we are aware that the systematic and repeated misuse of power and control that underpins abuse and complex trauma such as the use of **threat, terror, silence, secrecy, shame and distortion of reality dehumanises survivors and renders them voiceless and vulnerable**. These dynamics can often get re-enacted during the therapeutic process through client-therapist interactions that assert *power and control*, appeasement behaviours such as *compliance and submission*, boundary violations and oscillations between *connection and disconnection*.

This training workshop, which would be especially relevant for psychotherapists, counsellors, psychologists and psychiatrists, aims to identify the ways in which these dynamics manifest within the therapeutic space and how these can be managed. The objective is to **facilitate a more collaborative, non-hierarchical and relational approach in which survivors can truly heal, rather than being catapulted back into trauma dynamics**. To this effect the importance of *'being with'* rather than *'doing to'* will be emphasised alongside practical ways by which re-shaming or re-traumatising of survivors is minimised, so as to offer a genuine human relationship in which our clients have the safe opportunity to recover and heal.

Specifically, we will consider:

- The dehumanising impact of power and control on survivors of abuse
- The role of silence, secrecy, boundary violations and distortion of reality
- The **impact of complex trauma on attachment and relational difficulties**, including the *trauma bond* and how this can manifest in the therapeutic relationship



- How to **manage power and control dynamics in the therapeutic relationship**
- Attachment and the *dual liability*– where clients are unable to seek comfort from an attachment figure, who might also be the abuser
- How to work with the fact that survivors of abuse experience relationships as dangerous and terrifying, rather than as sources of comfort
- How we can **create a safe, predictable and consistent therapeutic space to reverse the unpredictability and inconsistency associated with trauma**
- How we can facilitate a more collaborative, non-hierarchical and relationship approach through ‘*being with*’ rather than ‘*doing to*’

### About the speaker

**Christiane Sanderson BSc, MSc.** is a senior lecturer in Psychology at the University of Roehampton, of London with 26 years of experience working with survivors of childhood sexual abuse and sexual violence. She has delivered consultancy, continuous professional development and professional training for parents, teachers, social workers, nurses, therapists, counsellors, solicitors, the NSPCC, the Catholic Safeguarding Advisory Committee, the Methodist Church, the Metropolitan Police Service, SOLACE, the Refugee Council, Birmingham City Council Youth Offending Team, and HMP Bronzefield. She is the author of *Counselling Skills for Working with Shame*, *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse*, *Counselling Adult Survivors of Child Sexual Abuse*, 3rd edition, *Counselling Survivors of Domestic Abuse*, *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*, and *Introduction to Counselling Survivors of Interpersonal Trauma*, all published by Jessica Kingsley Publishers. She has also written *The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence*; *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths* and *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends* for the charity *One in Four* for whom she is a trustee.

### Seminar Schedule

Session 1: **Complex Trauma and the provision of Safe Trauma Therapy**

Session 2: **Therapeutic process challenges including control issues and potential boundary violations**

Session 3: **Power dynamics in the therapeutic relationship**

Session 4: **Maintaining flexibility in the complex trauma recovery process**

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