

## The Emotionally Neglected Client: Consequences of a Lack of Early Attunement: Video Course

Dr Kathrin Stauffer

Video Course

CPD/CE credits: 3

Price: £65



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When working with adult clients, as therapists, we often come across individuals with no visible manifestations of distress but **a recurring sense of helplessness and hopelessness**. Such clients may express how they never *feel seen*— have a deep-rooted belief that their needs will never be met and *giving up* has become their default method for dealing with life’s challenges. More often than not, our client(s) in such cases have suffered from **neglect and misattunement during their formative years, leading to developmental deficits**.

These developmental deficits are like holes in the mind: they result in a person who struggles to feel whole and healthy and is always having to allow for the missing bits inside themselves. At the same time, the presence of holes puts more strain on the parts of a person’s mind that are well-developed and leads to overused resources and coping strategies. This means that the person is also having to keep a firm grip on the resources they have and **have no capacity left to make the changes required as part of the therapeutic process**. As a consequence, processes of therapeutic change are markedly slowed down.

At this engaging seminar, Dr Kathrin Stauffer – author of *Emotional Neglect and the Adult in Therapy: Lifelong Consequences to a Lack of Early Attunement*’ draws on her rich clinical experience to highlight how therapy for addressing developmental deficits requires a therapeutic stance which is relational and well-attuned to often unresponsive clients, in order to avoid catapulting clients into unmanageable shame and deepening the inner isolation that they are already suffering from.

The seminar explains practical facilitating and therapeutic skills, **draws on body psychotherapy techniques** and specifically explains how:

- we can work effectively with emotionally neglected clients who appear to be strongly resistant to change; while avoiding conflict in the therapeutic alliance
- we can **handle the relational dilemmas that are concomitant with the provision of therapy for emotionally neglected clients**
- we can distinguish between and apply selectively the concepts of **both conflict-oriented and resource-oriented approaches to therapy**



- we can find middle ground- so that we can fill in the deficits of emotional neglect while avoiding too much strain on the client
- we will also work on specific exercises aimed at bringing gentle activation to low-energy parts of our own and our client's bodies

#### About the speaker

**Kathrin Stauffer PhD**, UKCP Registered Body Psychotherapist, is the author of 'Emotional Neglect and the Adult in Therapy: Lifelong Consequences to a Lack of Early Attunement' (W.W. Norton 2020). She was born and educated in Switzerland. Originally a research biochemist, she retrained at the Chiron Centre for Body Psychotherapy. She lives in Cambridge and works in private practice as a body and humanistic psychotherapist, EMDR practitioner, trainer and supervisor. [www.stauffer.co.uk](http://www.stauffer.co.uk)

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