

## Trauma Therapy: working with Fear: Video Course

Miriam Taylor

Video Course

CPD hours: 5 / CE credits: N/A

Price: £135



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

For individuals affected by traumatic life events, fear tends to determine their way of being in the world. Fear, determined **hypervigilance and avoidance can define behaviour** for our clients for whom, it isn't just a recurring fear of traumatic triggers in their external environment that is causing significant anxiety – **their internal world, somatic experience and felt sense have also become fear inducing in nature**. Therapeutic interactions can become extremely challenging, especially since concomitant dissociation may be leading to an absence of association, integration, assimilation, coherence and engagement. Also, as practitioners, we need to orient our work towards **understanding how fear takes over and how we can establish safety**.

At this practical and clinically oriented workshop which would be relevant for all practitioners working with Trauma (including PTSD, Complex Trauma and Dissociative Disorders), Miriam Taylor highlights the case for therapists to adopt a trauma-oriented mindset, while explaining the neurobiological bases that maintain fear (and the resultant dissociation). She explains how this core understanding can then be used to **inform trauma sensitive interventions, including working with the body to open up the possibility of gaining control over distressing symptoms**. The workshop considers fear as a natural consequence of extreme experience and explores the ways that this can manifest in clinical settings. Through experiential elements and case vignettes, the workshop helps us comprehend:

- Fear as a hard-wired response and *The Fearful Body*
- The neurobiology of trauma – the triune brain, the vagus nerve, **HPA axis and the window of tolerance; Hebb's axiom**
- The neurobiological processes that explain why response to threat involves visceral, sensory and motor elements, making the experience of fear a whole-body phenomenon
- The **hierarchy of defensive responses** (including heightened orienting responses, Attachment and social engagement systems) that we, as therapists, are tasked to reverse during the therapeutic process



- The ambiguous relationship many trauma victims can have with fear and how we can work with *somatoform dissociation*
- Positive and negative *trigger*s that elicit a fear response and how we can assess for states of arousal
- Working with self-states, attentional shifts and intervening at a somatic level
- **SOS: the fear of Self, Others and Situations**

### About the speaker

**Miriam Taylor** is a UKCP registered Gestalt psychotherapist, based in Ely, Cambridgeshire. She is a supervisor and international trainer and has been in private practice since 1995. Her background was in adult education before training as a counsellor and psychotherapist. Working as clinical lead of a young peoples' service pointed her towards specialising in trauma, and for several years she worked in a specialist trauma service. Miriam's particular interest is in the relational embodied integration of trauma; she also provides specialist support for therapists to stay present to the impact of trauma. She teaches in the UK and internationally, was an Academic Consultant and examiner for Metanoia Institute, London, and is on the Leadership Team of Relational Change. Her publications include '*Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body*' (2014) and several peer reviewed and invited articles. Her second book is in preparation.

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