

When Intimacy Feels Unsafe: *Healing the Trauma Legacy*

Live event with
Dr Janina Fisher

Live event in London

15 September 2023, Friday

Times:

10:00am to 4:00pm, London UK

Venue:

Holiday Inn London, Kensington High St. Wrights Ln, London W8 5SP

CPD hours: 5 / CE credits: 5

Limited number of super early bird tickets at £105 only

Early bird tickets at £125

Regular price: £145

All live attendance tickets now include complimentary access to a video recorded version for 1 year



Note: no online streaming is available for this event, a serving of tea coffee and pastries will be available at the event, please bring your own lunch

The fear of intimacy can, not only jeopardise an otherwise fulfilling relationship, but can cause our clients to sabotage new relationships before they reach any level of seriousness. A couple relationship especially requires an inherent sense of vulnerability and openness, which could be the key determinant for how safe and intimate one feels with their partner. **Contemporary new research has now shown that feeling unsafe in intimate relationships ultimately stems from an unacknowledged legacy of childhood trauma and / or neglect.** Childhood trauma has long-lasting and dramatic effects on attachment formation and on the later capacity for intimacy and mutuality. Instead of experiencing relationship as a haven of safety, **traumatized couples are driven by powerful implicit and/or bodily memories and fears of closeness.** To survive, they have inherently built *defensive strategies against trust* – often presenting as ‘*high conflict*’ couples in therapy.

Being able to provide effective therapy for couples or individuals in such scenarios requires us, as therapists, to have multiple therapeutic approaches in our repertoire. We need to be able to:

- address intense conflict, overwhelming emotions and impulsive reactions
- help clients unravel the connections with deep-rooted traumatic patterns



- **work with situations which present as *chronic conflict* – seemingly without hope and devoid of intention for resolution**
- distinguish between *implicit memories* and *body memories*
- recognise and work with *traumatic attachment*

At this practical and engaging webinar designed for psychotherapists, psychologists and counsellors who work with **either high conflict couples or individuals who struggle with self-sabotaged relationships**, globally renowned trainer Dr Janina Fisher draws on her long-standing experience and expertise, to specifically address the impact of early neglect, attachment failure and childhood trauma on individuals who have developed an intense fear of intimacy in relationships.

Through Janina's expert insightful commentary, **in-session videos of couples, case studies and examples, we will be introduced to highly practical skills** and learn effective clinical strategies that we can immediately apply in our clinical practices. Our examples and discussions will explore:

- How we can address intense emotions and impulsive reactions that undermine the sense of safety and hope
- Mindfulness-based techniques for decreasing conflict and changing trauma-related patterns
- Using externalizing techniques for increasing perspective
- Strategies for working with couples stuck in chronic conflict
- Providing psychoeducation about trauma and attachment to clients
- Increasing the ability of couples to observe their nonverbal communication and its impact on the relationship
- Integrating movement and gesture into couples' therapy
- Identifying interventions that increase positive affect in the presence of the other
- Articulating the role of implicit memory in evoking the sense of threat in each partner

Learning objectives:

- Discuss the neurobiological effects of traumatic experience on individuals and couples
- **Describe the role of animal defence survival responses in perpetuating relational conflict**
- Identify signs and symptoms of traumatic attachment in dyadic interaction
- **Utilize practice of new patterns in session and evaluate their relative success in reducing couple conflict**

About the speaker

Janina Fisher, Ph.D. is a licensed clinical psychologist in private practice; Assistant Educational Director of the Sensorimotor Psychotherapy Institute; an EMDRIA Approved Consultant and Credit Provider; former president of the New England Society for the Treatment of Trauma and Dissociation; and a former instructor, Harvard Medical School. An international writer and lecturer on the treatment of trauma, she is the co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation* and *Transforming the Living Legacy of Trauma*. Dr Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities. For more information, go to www.janinafisher.com.

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