

Working with Developmental Deficits: A Resource Oriented Approach Video Course

Dr Kathrin Stauffer

Video Course
CPD hours: 3 / CE credits: N/A

Price: £69



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

In adult psychotherapy, we often see clients who have missed out certain developmental stages during childhood and are left with **developmental deficits - that can show up across emotional, affect regulatory and behavioural manifestations** - with significant impact on our client's lives. These are particularly devastating when they affect our clients' self-regulatory mechanisms – causing upheavals throughout their emotional and social lives and profoundly impacting their resilience to stressful and traumatic events.

Not only are such manifestations difficult to provide therapy for, but it can also be a **frustrating therapeutic journey** - which is bound to be slow and can happen in barely discernible increments. However, when clients persist in the work, and we can guide them effectively as psychotherapists and counsellors; they can eventually:

- gain better stress-management skills and become more able to deal with life's challenges
- learn new self-confidence
- **start having faith in their own ability to reach out for what they want and get it**
- **overcome their crippling shame and**
- step out from the shadow of destructive self-talk

At this therapeutically oriented webinar, Dr Kathrin Stauffer, the acclaimed author of *Emotional Neglect and the Adult in Therapy: Lifelong Consequences to a Lack of Early Attunement* - explains that **we can fill these developmental gaps through a resource-oriented approach**. She uses clinical examples to explain what being resource-oriented means in practice, which therapeutic tools serve us well, which new ones we want to add to our repertoire, and the main difficulties that we are likely to encounter along the way. She likens such a therapeutic approach to the therapist being a gardener who goes through preparing the ground, sowing the seeds and then patiently waiting for the results - since providing resources essentially means helping clients grow new resources from scratch. The psychotherapist in this case has to:

- work through any remnants of traumatisation,



- help clients access new images, visions and skills that feel creative and inspiring,
- patiently wait for results while maintaining a good therapeutic relationship

Using case vignettes and interactive discussions, the workshop will enable participants to:

- Gain up-to-date insight into developmental deficits and some of their consequences in adult life
- Learn to **distinguish a resource-oriented psychotherapy approach from a conflict-oriented one**
- Hone their skills in making resource-oriented interventions
- Become familiar with some of the potential difficulties in working with developmental deficits

Delegates will have the opportunity to bring their own case material for discussion.

Learning Objectives:

- Discuss the developmental deficits and some of their consequences in adult life
- Explain how to **distinguish a resource-oriented psychotherapy approach from a conflict-oriented one**
- List the potential difficulties in working with developmental deficits

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). Born and educated in Switzerland as a research biochemist, she retrained at the Chiron Centre for Body Psychotherapy in London. She works in private practice in Cambridge as a Body and Humanistic Psychotherapist, Supervisor, EMDR Practitioner and Trainer. She has published one previous book, *Anatomy & Physiology for Psychotherapists: Connecting Body & Soul* (W.W. Norton 2010).
www.stauffer.co.uk

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There is no known commercial support for this program

This course does not qualify for CE credits

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