



Embodiment, Relational Space & Working with Trauma to the Sense of Self

Date : **Weds 30 & Thurs 31 May 2018**

Time : **9.30am to 4.30pm**

Venue : **Chancellors, Manchester M14 6NN**

Cost : (Includes lunch and refreshments)

ACAT member £230

Non-ACAT member £250

NB Invoicing incurs additional £15 fee

Embodiment, Relational Space & Working with Trauma to the Sense of Self

A two day workshop with Tim Sheard, CAT Psychotherapist

Workshop Outline

The workshop aims to provide an embodied and theoretical exploration of our relational selves, narcissistic wounding to the sense of self, and how embodiment may reduce therapist burdening and vicarious trauma (a hidden but powerful type of collusive reciprocation).

- Learn ways to engage with your own embodiment as a therapist
- Discover how embodiment can enhance your relational capacities, open relational space and free up stuck or overwhelming process when working with complex developmental trauma
- Gain an embodied sense of how this burdening is a damaging form of collusive reciprocation, often unrecognised as it is hidden in bodily burdening of the therapist
- Explore reciprocal roles related to narcissistic wounding of the sense of self
- Learn how to recognise and reduce therapist burdening, stress, exhaustion and vicarious traumatisation using embodiment skills.

Who is it for?

This two day workshop is for CAT and other therapists wishing to explore embodiment in therapeutic work with people with complex developmental trauma

- ✓ Trainee & qualified CAT practitioners & psychotherapists
- ✓ Other therapists who are familiar with CAT (particularly the concept of reciprocal roles) and use relational understanding in their work

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Hashtag: #CATerst18

More details:



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