

## Understanding and working relationally with Developmental Trauma for psychological practitioners Dr Emma Haynes

9.30 am – 5 pm  
23<sup>rd</sup> October 2020

At: The Friends Meeting House, Priory Road, Chichester PO19 1PX  
OR remotely via Zoom should social distancing still be the norm.

**Developmental trauma occurs as a result of a relational deficit between the infant, or child and their main caregiver, and has severe implications for the person throughout their life.**

I am delighted to announce the return of Dr Emma Haynes who will facilitate this one-day workshop where she will expand on the conditions that lead to developmental trauma and offer considerations for treatment planning.

Emma will offer an introduction to developmental trauma, with a look at neuroscience and the flow of information between our nervous system and our brains. She will share insights into why therapists need to work with the autonomic nervous system and cognition together in order to address the self-perpetuating distress cycle, associated hypervigilance and the resulting dysfunctional coping strategies.

This day aims to

- define developmental trauma
- expand on how it presents in the therapeutic setting
- offer interventions to raise client awareness
- suggest ways to engage clients in functional coping strategies
- highlight the benefits of an ongoing therapeutic relationship to assist with promoting psychological health in traumatised individuals

Using her research alongside clinical vignettes taken from personal work with different developmental trauma presentations, Emma seeks to enable a greater understanding of this highly personal and distressing condition for counsellors, psychotherapists and any professionals working with trauma.

### **Certificate:**

Participants attending the full course will be awarded a certificate of attendance for CPD.

**Fee:** Individuals £95 Organisations: £115

**Setting:** The Friends Meeting House, opposite Priory Park in Chichester, West Sussex PO19 1NX [www.chichesterquakers.org.uk](http://www.chichesterquakers.org.uk) or should we need to meet remotely via the Zoom online platform. To be confirmed nearer the time.

Contact Helen on 07976 605949 or via [info@helendavies.org.uk](mailto:info@helendavies.org.uk) for full booking details.

**Dr Emma Haynes** PhD, MSc, PTSTA, UKCP registered psychotherapist has a private practice near Winchester and specialises in working with women with perinatal mental health conditions. Her research focus was towards facilitating suitable, effective treatment for these conditions for mothers, fathers and caregivers. Emma specialise in trauma, particularly trauma of a developmental nature.

# Open Space Therapy

Offering communication and personal awareness training across the South-East

## Booking form: Understanding and working with Developmental Trauma

### Booking form

**Friends Meeting House, Priory Road, Chichester, Sussex PO19 1NX**

Please complete and return to the course facilitator via email [info@helendavies.org.uk](mailto:info@helendavies.org.uk)  
or c/o 39 Parklands Rd, Chichester PO19 3DX

Name:

Address:

Contact Email:

Contact Phone Number:

Please say a little about yourself, and your interest and motivation for attending this course:

**Payment:** Please indicate as appropriate.

Fee payable by cheque: Helen Davies to be included with this booking form or  
Bank Transfer: H Davies, S/C: 089286 A/C: 72309658 Reference DevT and your initials,  
to be paid prior to submitting form, quoting your reference here:.....

### Cancellation Policy:

Attendees who cancel one full month prior to the course are entitled to 100% of all deposits paid. Attendees cancelling less than one full calendar month prior to the event will not be entitled to any refunds.

A full refund of course fees paid, including any deposit, will be given to all applicants in the event of a course cancellation or postponement where the course facilitator is prevented from providing the course as advertised in circumstances beyond its control, including force majeure or sickness/illness of the facilitator. Helen Davies cannot be held liable for any remedy, damages or compensation beyond this.

[www.helendavies.org.uk](http://www.helendavies.org.uk)  
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