

## **LIVERPOOL BRANCH**

CBT for Multiple Trauma:

How and when to work with trauma memories

Presented by Martina Mueller

Tuesday 30 June 2020

**Times:** 9.30am to 4.30pm (Registration from 9.00am)

**Venue:** The Women's Organisation, 54 St James Street, Liverpool, L1 0AB

### **About the workshop**

It is the exception rather than the rule that traumatised clients present with a single experience of trauma. Therapists are frequently faced with dilemmas about how to work with people who have been exposed to multiple traumas, some in adulthood, others in childhood and many in both. This includes those traumatised by experiences such as repeated childhood sexual abuse, domestic violence and occupational trauma.

Clients may present with:

- memories that are not distinct from each other
- are related in terms of meaning
- with many memories to different events which requires adaptation to standard PTSD protocols to.

There is little by way of evidence-based guidance as to how to overcome the challenges of this work, so how are therapists to make these difficult decisions?

This workshop will use a combination of teaching and interactive exercises to enable the therapist to begin to address these difficulties. It will consider:

- the status of the evidence base and guidance
- how best to apply sound principles of assessment and formulation to enable realistic treatment planning
- preparation for working with memories
- how to make decisions about whether, when and how to use reliving and other trauma memory interventions in order to work safely
- how to prioritise between different aspects of treatment
- how to use Narrative Exposure Therapy for multiple trauma memories

### **About the presenter**

Martina Mueller is a Consultant Clinical Psychologist who has worked with OCTC since its inception. She is widely respected for her innovative clinical work and specializes in the assessment and treatment of PTSD and other complex reactions following adult trauma. She founded the Postgraduate Certificate in CBT Psychological Trauma and led the trauma service for the Oxford and Buckinghamshire Mental Health Care Trust for many years. She has worked on a European Union funded multi-centre research on innovative approaches to working with traumatized refugees and has a special interest in the treatment of occupational and multiple and prolonged trauma.

Martina is one of the editors of the *Oxford Guide to Behavioural Experiments in Cognitive Therapy*, and is lead editor of the *'Oxford Guide to Surviving as a CBT Therapist'* published by OUP.

## General Event Information

Fees:

BABCP Member: £85

Non-Member: £100

Lunch and refreshments are included.

A CPD certificate for 6 hours will be issued – 3 hours skills and 3 hours theory

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email [workshops@babcp.com](mailto:workshops@babcp.com)

For venue enquiries please [click here](#)