



# Wendy Bramham Therapy

The Newbury Centre for Counselling, Psychotherapy  
& Complementary Health

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## PROFESSIONAL SEMINARS FOR THERAPISTS – 2014

### Working Mindfully with Complex Trauma A two-day Masterclass with Margaret Landale

Drawing on latest research from neuroscience, trauma and mindfulness, this 2 day workshop will focus on how to work safely and effectively with the non-verbal and unconscious messages of the self.

#### Saturday 21<sup>st</sup> June. 10 am - 4 pm

##### Part 1: Applying mindfulness in psychotherapy & counselling

There has been extensive research into mindfulness and its influence on the brain and emotional regulation. The workshop will have a strong experiential focus and offers an opportunity for beginners and experienced mindfulness practitioners alike to practice some key mindfulness skills and techniques. This will be particularly relevant for working with complex dynamics, trauma and embodied memories.



#### Saturday 12<sup>th</sup> July. 10am – 4 pm

##### Part 2: The neurobiology of emotions and trauma

There is growing recognition especially through advances in interpersonal neurobiology, attachment and trauma research that many of the issues that clients bring into therapy are somatically embedded. Therapists therefore need to be able to engage with the non-verbal and embodied aspects of the client's experience and help raise somatic awareness within the client. There will be opportunities for participants to bring their own clinical material and challenges.

**Margaret Landale** has been working as a psychotherapist for 25 years, having trained in both body-psychotherapy and subsequently psychodynamic psychotherapy. She specialises in stress-related and psychosomatic disorders. She has a particular interest in early trauma and the latest developments in trauma treatment, and has published articles on developmental trauma psychosomatic imagery. (More detailed information about the seminar and speaker can be found on our website [www.wendybramham.co.uk](http://www.wendybramham.co.uk)).

**This seminar will be open to qualified counsellors, psychotherapists and counselling psychologists. Venue: Wendy Bramham Therapy, Newbury clinic**

***“Early bird” price before 21<sup>st</sup> May - £130; or after - £145***

**For bookings please contact us at [seminars@wendybramham.co.uk](mailto:seminars@wendybramham.co.uk) or phone 01635 226880.**

**Visit our website for more information about our professional seminar series:**

**[www.wendybramham.co.uk](http://www.wendybramham.co.uk)**