

## Managing Power, Control, Boundary and Attachment Dynamics when working with Survivors of Abuse With Christiane Sanderson Saturday, 22<sup>nd</sup> May 2021, 1000-1600, LIVE ONLINE

When working with survivors of physical, sexual, domestic or spiritual abuse, practitioners need to **ensure that abuse dynamics do not inadvertently get replicated in the therapeutic process**, while always being mindful of the need to minimise re-traumatisation. As therapists, we are aware that such as the use of **threat, terror, silence, secrecy, shame and distortion of reality dehumanises survivors and renders them voiceless and vulnerable**. These dynamics can often get re-enacted during the therapeutic process through client-therapist interactions that assert *power and control*, appeasement behaviours such as *compliance and submission*, boundary violations and oscillations between *connection and disconnection*.



This training workshop, which would be especially relevant for psychotherapists, counsellors, psychologists and psychiatrists, aims to identify the ways in which these dynamics manifest within the therapeutic space and how these can be managed. The objective is to **facilitate a more collaborative, non-hierarchical and relational approach in which survivors can truly heal, rather than being catapulted back into trauma dynamics**. To this effect the importance of *'being with'* rather than *'doing to'* will be emphasised alongside practical ways by which re-shaming or re-traumatising of survivors is minimised, so as to offer a genuine human relationship in which our clients have the safe opportunity to recover and heal.

Specifically, we will consider:

- The dehumanising impact of power and control on survivors of abuse
- The role of silence, secrecy, boundary violations and distortion of reality
- The **impact of complex trauma on attachment and relational difficulties**, including the *trauma bond* and how this can manifest in the therapeutic relationship
- How to **manage power and control dynamics in the therapeutic relationship**
- Attachment and the *dual liability*- where clients are unable to seek comfort from an attachment figure, who might also be the abuser
- How to work with the fact that survivors of abuse experience relationships as dangerous and terrifying, rather than as sources of comfort
- How we can **create a safe, predictable and consistent therapeutic space to reverse the unpredictability and inconsistency associated with trauma**
- How we can facilitate a more collaborative, non-hierarchical and relationship approach through *'being with'* rather than *'doing to'*

***Christiane Sanderson*** BSc MSc is a senior lecturer in Psychology at the University of Roehampton. With 28 years' experience working in child sexual abuse, interpersonal trauma and domestic abuse, she has run consultancy and training for parents, teachers, social workers, nurses, therapists, counsellors, solicitors, the Catholic Safeguarding Advisory Committee, the Methodist Church, the Metropolitan Police Service, the NSPCC and the Refugee Council. She is the author of many books on trauma, shame, childhood sexual abuse, and dissociation, including *Counselling Skills for Working with Trauma (JKP 2013)*.

**This is a LIVE ONLINE EVENT with PowerPoint presentation, live interactive discussion/Q&A**

**Open to psychological therapists (including trainees) from all modalities and healthcare professionals.**

**Early bird price before 22<sup>nd</sup> April 2021: £95, or after £105 CPD certificates will be supplied**

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*Each delegate is responsible for self-care should material at the event trigger difficult feelings*

