



**Taunton
Association
for Psychotherapy**

**Spring Conference
Sat. 30th March 2019
09.00am- 4.45pm**

Reg. Charity No. 801428
Company No. 2262641
www.taplimited.org.uk

**‘De-mystifying Trauma’
John Henden & Dr. Robert Sharpe**

TAP is thrilled to welcome John Henden and Dr Robert Sharpe as our speakers for the 2019 TAP Conference.

Trauma is - in varying degrees - the common experience of Humankind. In 2019 the annual TAP Conference will examine this key issue, at the heart of much of what we, as therapists and health professionals, do.

Many of the people we see have experienced significant trauma. With different types of trauma affecting each individual in different ways, how many of us can feel totally confident about offering the appropriate help? Are we worried about making it worse by our lack of knowledge? Can we make a difference or should we leave it to medication and 'experts', offering only 'support'? Are there tools and techniques we can safely use?

The day will include not only an insight into current neurobiological thinking but will also offer practical techniques to use in a therapy practice.

- 9:00: Registration and coffee**
- 9.20: Introduction & Housekeeping – TAP Chair Helena Trump**
- 9:30: John Henden - Session 1**
- The 3 main reasons some therapists avoid trauma work
 - Dealing with triggers, flashbacks & intrusive thoughts
 - Helpful questions to ask trauma survivors
 - The 3 stages of recovery from trauma
- 10.45: Coffee**
- 11:15: John Henden - Session 2**
- How to avoid retraumatisation & revictimisation
 - The solution focused Feelings Tank
 - The triple twins of solution focused success
 - ‘The 5 o’clock rule’ for first sessions
- 12:30: Lunch (included)**
- 13.45: Dr Robert Sharpe - Session 3**
- PTSD and C(omplex)PTSD: illnesses or injuries?
 - Case discussions
 - Neuropsychological considerations
- 15.00: Tea**

15:30 Dr Robert Sharpe - Session 4

- Treatment framing: the brain in techspeak
- Lap of the gods - total loss of control
- Cognitive dissonance: when reality shatters belief

16:40 Farewell & closing comments – TAP Vice-Chair Andrew Wilcox

16.45 Departure

Venue: Taunton Racecourse, Orchard Portman, Taunton, Somerset, TA3 7BL

Fee: £98 for the full day, £90 to TAP Members and £65 to students. Lunch included.

Certificate of Attendance provided as evidence of Continuing Professional Development.

There will be a bookstall offering 10% discount on usual prices, and attendees can book a free stand or share a table to display leaflets, business cards etc.

Contact for enquiries:

Suzie Grogan, TAP Administrator - email: taplimited@hotmail.co.uk.

Telephone enquiries to Andrew Wilcox on 01823 451402.

Booking forms available at www.taplimited.org.uk or on request.



Directions

Travelling by Road: Taunton Racecourse is on the B3170 road from Taunton to Corfe & Honiton, approx. 2 miles south of Taunton Town Centre. Leave the M5 at Junction 25, and travel towards Taunton, following the signs for Racecourse.

If you are travelling on the A303 from the West e.g. Honiton/Exeter direction turn left onto B3170 which will bring you directly to the racecourse.

If you are travelling on the A303 from the East e.g. Chard/Ilminster direction then turn right at the Eagle Cross Tavern and continue until you reach the crossroads. Turn right and follow the B3170 to the racecourse.

There is no public bus service from Taunton to the Racecourse. Do contact us if travel issues are preventing your attendance. We may be able to arrange a car share.