

Affect Regulation in Complex Trauma

The first half of the workshop will refresh or introduce participants to the broader developmental context to complex trauma. There will be discussion about the relationships between affect regulation, attachment, developmental neurobiology and developmental cascade. We will also consider the contributions of compassion focused therapy, imagery and Dialectical Behaviour Therapy to potential understanding and change.

In part 2 of the workshop, Izzy will reflect on her personal experience of the benefits of a DBT-informed Therapeutic Community in learning new ways of managing potentially overwhelming emotions. There will be opportunity for discussion about the possibilities and limits of what can be achieved.