

## **Stabilisation, Psychoeducation & Grounding Techniques: Dr Sarah Heke & Gill Moreton**

### **Abstract:**

This workshop will underscore the importance of these techniques in our work with people affected by trauma. We will review the theoretical models that help us understand trauma reactions (both acute and complex) and then focus on how we explain these to our clients. Once therapist and client have a shared understanding of why people who have experienced trauma react as they do, then they can work together to develop strategies to manage their responses.

Using case examples, we will share tips and encourage discussion about how to explain symptoms ranging from sensory intrusions to dissociation, emotional blunting to feelings of shame and worthlessness.

Once we have an understanding of how symptoms develop and are maintained, the workshop will explore the grounding techniques and stabilisation strategies we can teach our clients to help them manage their reactions.

We hope the workshop will be an interactive one with presenters and participants sharing their experiences and thoughts so that participants leave with a solid understanding of how complex trauma reactions work and some tips and strategies for assisting clients to develop more adaptive coping responses.