

## **Mindfulness Trauma & Dissociation**

**A one day workshop on recognising signs of trauma and adapting mindfulness based approaches for trauma syndromes**

### **Who is this for?**

Established Mindfulness teachers who wish to understand and support clients who may be presenting with trauma symptoms and to Trauma therapists who would want to incorporate a Mindfulness based approach into the current approach such as EMDR and trauma focused CBT

There is growing interest in the use of a mindfulness based approach in the treatment of trauma, and there are some quite compelling theoretical arguments that point to the possibility that it could be a useful adjunct to existing treatment.

Mindfulness Based Stress Reduction (MBSR) has been the most widely used and evaluated Mindfulness intervention delivered in work with veterans. It has usually been offered not as a primary treatment for PTSD but as a structured format to promote recovery and resilience following on from treatment.

This workshop aims to explore adapting a Mindfulness based approach as an intervention in the treatment of trauma. It will cover the Diagnosis and classification of trauma related syndromes, as well as offering some understanding of the Neuroscience of trauma & dissociation to inform an evidence based intervention.

The adaption of Mindfulness Based Cognitive therapy to work with trauma will be discussed including the modification of Mindfulness exercises such as Mindful movement and the Body Scan.

**Led by:** Dr Alistair Wilson

**Date:** Friday 2<sup>nd</sup> October 2020

**Time:** 9.30-4.30pm

**Venue:** Lecture Theatre, Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

**Cost:** £30.00

Funded for Trust Approved Mindfulness Teachers.

Certificate of attendance will be emailed after the event.

**Request a booking form:**

[SMC@sussexpartnership.nhs.uk](mailto:SMC@sussexpartnership.nhs.uk)

**\*Please note:** Refreshments are provided, Lunch will not be provided

**Bio:** Dr Alistair Wilson: MD: FRCPsych:MA( In Mindfulness Based Approaches)

Alistair has worked as a Consultant Community Psychiatrist within the NHS for almost 30 years, during which time he became convinced of the importance of psychological trauma in psychiatric presentation. During this time he completed his training in Cognitive Therapy in Oxford University and a Masters in Mindfulness Based Approaches with The University of Bangor; Wales.

He has also trained in Trauma focussed CBT, Sensorimotor Psychotherapy and EMDR in order to deliver care for those experiencing symptoms of trauma.

Since retiring from the NHS in 2014 he has been employed by Combat Stress, a charity providing support to UK veterans experiencing Post Traumatic Stress Disorder.

He is currently engaged in a series of research projects evaluating the feasibility of Mindfulness Based Approaches in a variety of settings including Oncology, Addiction and Trauma.