



2020

TRAUMA – FOCUSED THERAPY

WORKSHOP SERIES FOR MENTAL HEALTH PROFESSIONALS

An Interactive and Practical Workshop
with Doris D’Hooghe, a highly accomplished and renowned
international Psychotraumatologist and Trainer



7, 14, 21, 28
November 2020



8:00am - 11:30am
(CEST)



3CX Webinar

INTRODUCTION



Despite the fact that trauma of all kinds is highly prevalent, the recognition of trauma is often insufficient. Not only the detection, but also the acknowledgment of trauma and its impact, is of great significance in mental health care.

Although we can define natural and human caused traumatic events, it is the victim's experience that determines the outcome. Trauma can impact a broad scale of the personality so in recognizing the role of trauma and understanding responses to it, we can offer a Trauma-Informed health care.

In these workshop series, the link is made between trauma and several consequences, such as trauma and anger, anxiety disorders and suicide. There is a special workshop highlighting one aspect of attachment trauma, namely Invisible Attachment Trauma.

Over the course of the four workshops, you will be learning different therapeutic skills that will aid you in handling traumatised clients from different age group (children, adolescents and adults) in your practice.

Those who attend all workshops in the series (4 workshops) will receive a certificate of completion from Trauma Centrum Belgium that verifies completion of the Trauma-Focused Therapy Workshop Series.

OUR TARGETED PARTICIPANTS

- Psychiatrists
- Clinical Psychologists
- Counselors
- Psychology Officers
- Child Therapists
- Play Therapists
- Educators
- Other Mental Health Professionals who deal with children, adolescents and adults.



WORKSHOP AGENDA



7 Nov 2020

WORKSHOP 1: ANGER AND TRAUMA

Time	Topic
8:00 am - 9:30 am	<ol style="list-style-type: none">1. Trauma and anger2. Anger and PTSD3. The various meanings of anger<ol style="list-style-type: none">a. Survivalb. Griefc. Shamed. Rage circuite. Other emotions
9:30 am - 10:00 am	Short Break
10:00 am - 11:30 am	<ol style="list-style-type: none">1. Internalized anger2. Anger management

OBJECTIVES



Participants Will Learn :

- ✓ To describe the connection between anger and trauma
- ✓ To understanding of the various meanings of anger
- ✓ To integrate the learned treatment techniques in their practice

WORKSHOP 2 : TRAUMA AND ANXIETY DISORDER

Time	Topic
8:00 am - 9:30 am	1. Trauma and anxiety 2. Parent-dependent stressors and the onset of anxiety disorders 3. Neurobiology of anxiety 4. Subtypes of anxiety
9:30 am - 10:00 am	Short Break
10:00 am - 11:30 am	Anxiety Treatment

OBJECTIVES**Participants Will Learn :**

- ✓ To describe the connection between trauma and the onset of anxiety disorders
- ✓ To utilize stabilization techniques in clinical work
- ✓ To define the developmental impact of parental stress on the formation of anxiety disorders

WORKSHOP 3 : INVISIBLE ATTACHMENT TRAUMA

Time	Topic
8:00 am - 9:30 am	1. Attachment 2. "Invisible Attachment Trauma" <ul style="list-style-type: none"> a. Unavailability of the caregiver b. Ineffective regulation 3. Consequences <ul style="list-style-type: none"> c. Disorganized attachment style d. Dysregulation
9:30 am - 10:00 am	Short Break
10:00 am - 11:30 am	1. Consequences <ul style="list-style-type: none"> a. Dissociation 2. Treatment possibilities

OBJECTIVES**Participants Will Learn :**

- ✓ To recognize, identify and categorize "Invisible Attachment Trauma"
- ✓ To understand that dissociation and inadequate self-regulation have an impact on the development of the sense of self
- ✓ To integrate the learned therapeutic techniques into their practices

WORKSHOP 4 : ATTACHMENT TRAUMA AND SUICIDE

Time	Topic
8:00 am - 9:30 am	1. From early childhood trauma to later suicide 2. Development and suicide <ul style="list-style-type: none"> a. Bowlby i. Abandonment ii. Attachment Style and Suicide b. Freud 3. Models of pathways from childhood trauma to suicidality <ul style="list-style-type: none"> a. Cognitive b. Behavioral c. Biological 4. Suicide as an "Emergency Solution" <ul style="list-style-type: none"> a. Survival Skills as a Risk Factor for Suicide
9:30 am - 10:00 am	Short Break
10:00 am - 11:30 am	1. Suicide Treatment 2. Suicide Prevention

OBJECTIVES**Participants Will Learn :**

- ✓ To detect all the different dynamics and factors underlying suicide and suicidal ideation
- ✓ To recognize and determine the interaction between trauma and suicidal behavior
- ✓ To integrate the learned therapeutic techniques into their practices

TRAINER PROFILE



DORIS D'HOOGHE

- Psychotraumatologist
- Child Therapist
- EMDR Practitioner

Doris started her career as psychiatric nurse and she has more than 35 years of experience as a psychotherapist and child therapist. In 2009 she founded Trauma Centre Belgium (www.traumacentrum.be) that is specialized in education on trauma and attachment and in therapy with traumatized children/adolescents/adults/elderly people.

As a psychotherapist, Doris is trained in Gestalt Therapy, Group Therapy and Transpersonal Psychology. Her training in Child Therapy was based on integrative psychology. Later, Doris became intrigued by trauma and its effects and she attended trainings in psychotraumatology. This wide range of courses shaped her into a therapist with a broad vision on pathology, its causes, and opportunities to heal. As Doris took a keen interest in attachment issues, she specialized in early- childhood trauma in an attachment relationship.



In the last 10 years Doris has become interested in the blend of neuroscience with psychology, attachment, and trauma. She has followed a one-year training Neurosequential Model of Therapeutics (NMT) with Bruce Perry and had attended different workshops, presentations etc. on neuroscience, both online and at

congresses all over the world. Her work is based on the integration of neuroscience and psychology and the principles of Neuropsychotherapy.

Doris has been actively presenting her paper and conducting workshops on attachment trauma related topics around the world, i.e. Amsterdam, Germany, Denmark, London, Italy, Canada, Spain, Croatia, Washington, Chicago, New York, San Francisco, Vermont, Palestine, Malaysia.

Besides this, Doris has published her article entitled “Seeing the Unseen: Early Attachment Trauma and The Impact on Child’s Development” in 2017 Journal of Child & Adolescent Behavior. She wrote a contribution to the book “The Neuroeducation Toolbox: Practical Translations of Neuroscience in Counselling and Psychotherapy”, published in 2020. There are also other articles which are related to traumatic childbirth and early childhood trauma been published by Doris.

Doris had conducted a workshop entitled “Is there anybody out there...? Disorganized Attachment Style and the Drama Triangle in Children-A Therapeutic Toolbox “ at the International Society for the Study of Trauma and Dissociation (ISSTD) 36 th Annual Conference: The World Congress on Complex Trauma which was held from 30 Mar 2019 - 1 Apr 2019 in Sheraton New York Times Square, NYC.

In 2020, Doris had conducted a workshop entitled “Despicable me. Dissociative Shame in Children Resulting from Attachment Trauma. A Journey Towards Wholeness” at the International Society for the Study of Trauma and Dissociation (ISSTD) Virtual Conference which was held from 15 May 2020- 17 May 2020.

Member of various international professional associations as below :

- BIP:** [Belgisch instituut voor psychotraumatologie](#)
- ESTSS:** [European Society for the Traumatic Stress Studies](#)
- WAIMH:** [World Association of Infant Mental Health](#)
- ISSTD:** [International Society for the Study of Trauma and Dissociation](#)
- ESTD:** [European Society for Trauma and Dissociation](#)
- ISSTS:** [International Society for Traumatic Stress Studies](#)

REGISTRATION NOW!

OUR WORKSHOP FEES

include softcopy of training materials and
certificate of completion for those who
attend 4 workshops

EARLY BIRD FEES

before 30 Sep 2020

40 € / Workshop

160 € / 4 Workshop

NORMAL FEES

50 € / Workshop

180 € / 4 Workshop

Deadline for Registration: 15 Oct 2020

Please register via below :

**PLEASE REGISTER
VIA BELOW LINK**

<https://qrgo.page.link/ZjcsS>

OR

**SCAN THE BELOW
QR CODE**



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Joint Organisers



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