



DVDs and CDs no longer available for this training

## Overview of Workshop Program

Trauma and abuse can have a significant impact on the mind, body, soul and spirit of an individual. People who have experienced trauma and abuse, with varied secular, religious, spiritual and cultural backgrounds, frequently report profound experiences during and post, traumatic events. Some also report the deliberate misuse of religious teachings as a means to control and intimidate.

Trauma may be the catalyst for a spiritual crisis and a channel for deepening and developing spirituality and soulfulness. Issues around spirituality are an integral part of therapy and the healing process, even though the client or therapist may not label it as such.

This workshop will explore spirituality in the context of cultural issues, socio-economic factors, gender, sexuality and the core dynamics of trauma. It will focus on assisting a client to care for his or her 'soul' and 'spirit'. Going beyond the psychological in reconciling spiritual conflicts and philosophical constructs is paramount in enriching life and nurturing meaning. We will explore drawing on spirituality as a profound resource in healing and well-being.

The approach taken is that spirituality is understood to include, but is not limited to, formalized religion. Practical strategies applicable to both secular and religious ideologies will assist therapists (regardless of their own beliefs) to enter into a spiritual dialogue with clients and explore the impact of trauma on, and the role of, spirituality in healing.

## Program Outline

9.00 – 10.30 Primary considerations in relation to spirituality and trauma

- Key conflicts and cognitive errors:

- Attachment to the perpetrator: traumatic bonding
- Locus of control shift
- Victim – rescuer – persecutor triangle
- Abuse by religious and spiritual leaders
- Distortion of spiritual teachings and concepts

11.00 – 12.30 Commonly reported spiritual experiences

- Guidance and protection
- Spiritual 'attack'

- Spiritual experiences versus delusion and psychosis
- Search for meaning: making sense of traumatic experiences
- Abdicating to a higher power versus personal responsibility
- Forgiveness: the road to healing or a by-product of healing?

#### 1.30 – 3.00 Entering a Spiritual Dialogue

- Assessment
- Ongoing conversation

- Exploring soulfulness and mindfulness
- Facilitating exploration of spiritual issues: practical strategies, and exercises

#### 3.30 – 4.30 Vicarious trauma & spirituality: exploring the challenges to the therapist's spirituality

### **Learning Objectives**

1. Discuss key spiritual conflicts and errors in cognition in clients with trauma histories
2. Outline principles for exploring spirituality with clients
3. Develop practical strategies to utilize the spiritual dimensions of healing from trauma
4. Identify and address the spiritual challenge of vicarious trauma for the therapist