

# HELPING THE HELPER SOME "DO'S" AND "DON'TS" IN TRAUMA WORK

## CPD WORKSHOPS WITH MORIT HEITZLER

**DATE: MARCH 21ST - 22ND 2020**

**LOCATION: TIVERTON**

**COST: £230**

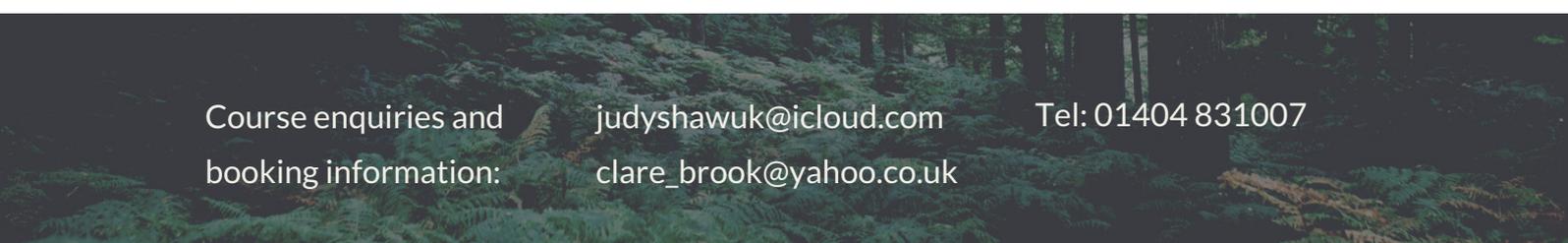
Working with traumatised clients can be challenging and at times overwhelming. Often therapists are familiar with some of the theories that underpin trauma and its manifestation but feel under-resourced when it comes to the actual work that needs to be done in order to enable the traumatised system to undo layers of defences and patterns of internal and external relating.

Where do we start? What would be re-traumatising? How do we know when to stop a client re-telling their trauma story and when to encourage it? What do we do when we feel overwhelmed, depleted or confused?

In this practical workshop Morit will review some methods and techniques that can be used as a foundation for working with trauma and PTSD. The aim of the day is to expand the tool-box of therapists and support them in their work with various degrees of trauma presentation.

Each day will be a mixture of CPD somatic trauma training, clinical supervision of actual cases presented by participants, as well as some role play of case vignettes.

Morit's emphasis will be on practical methods and tools. Some theory will be shared as a way of making these tools more accessible. The workshop is suitable for therapists who work with trauma, no previous experience is required.



Course enquiries and  
booking information:

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# ABOUT MORIT

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T H E R A P I S T , S U P E R V I S O R & T R A I N E R

## ABOUT

Morit is an experienced therapist, supervisor and trainer with a private practice in Oxford. She has been teaching on various training courses in the UK, Israel and in Europe, and regularly leads workshops and groups. Through her work in Israel, at the Traumatic Stress Service of the Maudsley Hospital, the Oxford Stress and Trauma Centre, her supervision at Oxford Refugee Resource, as well as her private practice, Morit has gained experience in treating a wide variety of PTSD symptoms and traumatised clients, including refugees and asylum seekers. Over two decades, she has been developing an integrative approach to trauma work, incorporating - within an overall relational perspective - Body Psychotherapy, attachment theory, EMDR, modern neuroscience and Family Constellations. In recent years she has been focusing on delivering intermediate and advanced CPD and supervision for trauma therapists, specifically on integrating the various trauma therapies. More information can be found on her website: [www.heizler.co.uk](http://www.heizler.co.uk).

## TESTIMONIALS FROM PREVIOUS WORKSHOPS

"Having attended several training weekends with Morit, I can say with experience her capacity to support the learning process for me, both as practitioner and personally is considerable. Her ability to help translate what have been personally powerful learning experiences for me into digestible meaning is deeply appreciated and valuable"

"I have been inspired by the workshop today and all the previous workshops delivered by Morit. The personal growth for myself and working with clients is amazing. Working with embodied trauma therapy brings a dimension that adds potency to my work as a psychotherapist. Well facilitated group with lots of experiential learning. Thank you Morit"