

Dr Margot Sunderland

The neuroscience and treatment of childhood trauma

A one-day training seminar for psychotherapists, psychologists and child specialists

SATURDAY 16 MAY 2009 10.0am to 5.0pm - Dublin

Dr Margot Sunderland is Director of Education and Training at The Centre for Child Mental Health London and an Integrative Child Psychotherapist, supervisor and trainer. She has written many books on child mental health, which collectively have been published in twenty countries. Her internationally acclaimed book, *The Science of Parenting*, endorsed by Professor Jaak Panksepp, won First Prize in the British Medical Association Medical Book Awards 2007, Popular Medicine category.

The purpose of this seminar

This day of accessible presentations will empower professionals with the latest research on the long-term effects of trauma on the child's developing brain, the effects of post-traumatic stress and attachment disorders. Dr Sunderland will explore the reasons for disturbed behaviour, traumatic enactment and psychosomatisation in childhood. She will explain, from our emerging understanding of the neurobiology of trauma, how physical action is necessary to initiate new ways for the child to perceive reality, and to calm some of the most primitive alarm systems in the brain. These therapeutic understandings are also relevant to adults suffering from past childhood trauma. Most importantly Dr Sunderland will consider implications for treatment, right down to the specifics of how to be, what to say, and how to listen so that children and young people can feel safe enough to want to share and work through their traumatic experiences.

Participants will learn about

- the science of post-traumatic stress
- the signs and symptoms of trauma in children
- how to work with a child's acute stress states
- how to make interventions based on brain science which prevent a traumatised child from hardening his heart and losing his humanity
- responding therapeutically when children or young people dissociate or traumatise others
- the management of your own stress states and what is happening in your brain when you work with traumatised people



