

# Transforming Relational Wounds

**Date: Saturday 27<sup>th</sup> January**

**Time: 9.30-4.15pm**

**Venue: Online via Zoom**

**For: Counsellors**

**Presenters: Miriam Taylor**

**Cost: RS Members £60/  
Non-Members £120**

**CPD Category A Points: 6**



Many of the wounds of trauma arise in relationships, particularly power imbalances which dehumanise the individual concerned. People who have experienced trauma therefore come into a therapeutic relationship with many fears and many longings, and some of these play out during the work.

This presents some interesting dynamics for the therapist to work with, and some of these will touch us personally. Confidence in knowing what we are working with and what shapes our responses is key to effective therapy, especially if we are not to be drawn into recreating the mistakes others have made in the past. How we position ourselves as therapists and might get caught in complicated relational dynamics is an important consideration, requiring sensitivity to ourselves and to those we work with.

This experiential workshop will lay some of the foundations of relationships, bringing to life some of the key issues for therapists. Because the brain is a social organ, the workshop will build on simple neuroscience, showing how we are affected on an embodied level when things go wrong. How developmental trauma shapes the brain and lays the template for future relationships is a necessary step on the way to understanding what is happening in the present. The notion of interactive regulation as a basis for recovery is established through the quality of our meeting and contact. The development of attachment will be considered as a lifelong endeavour, and we will focus also on the emergence of shame as a response to traumatising relationships. A brief look at how power operates in the life space of the individual and in the therapy setting will close the day. This event is aimed at counsellors working with adults in a variety of contexts and will be presented in an accessible style, using clinical examples to illustrate.

**Learning Outcomes:** By the end of the day participants can expect to:

- Have a clear understanding of the effects of trauma on the relational field.
- Base your thinking on some simple neuroscientific models.
- Take into account the impact of trauma on attachment.
- Be more sensitive to the presence of shame and its role in experience.
- Be more confident in working with rupture and repair.
- Have some awareness of the operation of power in the life of an individual and in the therapy room.
- Appreciate the role of the therapist in recovery and the process of change.

**Presenter: Miriam Taylor** is a UKCP registered Gestalt psychotherapist (non-clinical), supervisor and trainer. Having retired from clinical practice in which she specialised in trauma for over twenty-five years, Miriam now includes aspects of collective trauma, social justice issues and climate change in her thinking on trauma. Based in embodied practice, her interest is in the formation of the traumatised relational field, leading to an ecological perspective. She teaches in the UK and internationally and is on the Leadership Team of Relational Change. Publications include: 'Trauma Therapy and Clinical Practice' (2014); 'Deepening Trauma Practice' (2021), and several peer reviewed and invited articles.

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## HOW TO BOOK

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Relationships Scotland CPD events are for practitioners who are currently working for a Service that is a Member of Relationships Scotland. Booking early is encouraged as spaces may be limited. Spaces may be open to practitioners from external organisations where appropriate and available. We use an online booking process, the link to the online booking form for each event can be found in the relevant section of this programme and in the flier for the event. The online booking form can be used by:

- Member Services to book on behalf of practitioners.
- Practitioners from Member Services who wish to self-fund.
- Practitioners from external organisations (when spaces are available).

The link to the online booking form for this event can be found here: <https://forms.office.com/e/XnA1wL4Qav>

If you have any questions about the booking process please contact Liz Thackwray:  
[liz.thackwray@relationships-scotland.org.uk](mailto:liz.thackwray@relationships-scotland.org.uk)

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## BOOKING TERMS

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Booking for CPD events will be confirmed by email within 10 days of submission. Please check your inbox and/or junk mail, if you have any issues receiving this email please contact us immediately. Member Services or Self-funded practitioners will be sent an invoice for the course fee before the event, please do not make a payment until you have received this invoice as it will have a unique invoice number for the payment reference.

Cancellations within 14 days of the event and non-attendance will be charged in full. Member Services/practitioners must notify us of any cancellations by email. Where appropriate, Member Services may transfer a place to another attendee if the original person cannot attend, we must be informed of this ahead of the event taking place. If a CPD event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. We are unable to reimburse out-of-pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services/practitioners may request a refund of the cost of the training event or a free place at a future event. Examples of exceptional circumstances include admission to hospital at short notice, or a family bereavement. We are unable to reimburse out of pocket expenses, such as travel and accommodation. Requests for refunds or credits for future events will be considered by the Office Bearers Group (Chair, Vice-Chair, Treasurer of the National Office). All request for refunds/free places at future events should be made in writing or by email to the CPD Manager, [sonia.bruce@relationships-scotland.org.uk](mailto:sonia.bruce@relationships-scotland.org.uk)

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## SYSTEM REQUIREMENTS

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The session will be delivered using the Zoom platform. You can attend this CPD event from a private space anywhere using a compatible computer or tablet connected to the internet. You will need to download Zoom to access the session: <https://zoom.us/> Please make sure you have the most recent version of Zoom. Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device.

Please also ensure that you have the required bandwidth and internet speed. You can test whether you are able to join a Zoom meeting here: <https://zoom.us/test> Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevent them from accessing the CPD event. Please contact the CPD Manager if you are unsure about the use of the technology [sonia.bruce@relationships-scotland.org.uk](mailto:sonia.bruce@relationships-scotland.org.uk)

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## ACCESSING THE EVENT ONLINE

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A link to the session will be sent out a few days before the event. Please ensure that the email address to which the link should be sent is clear in the Booking Form. It is also important that the Zoom account uses the same name that you used to register for the event. The Relationships Scotland CPD Host will use this information to admit participants into the event and to confirm attendance certificates. The username for your Zoom account can be amended by signing into Zoom and going to the profile section of your account.

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