Developmental Trauma Study Day Feb 18th 2021

 **Via Zoom 10.00-5.00**

 *In our foundation trainings we acquire skills to help us work with trauma and overwhelm, relating to particular structures, creating a safe relational field and working with shuttling/pendulation. Perhaps there has been an overwhelming traumatic event or a series of very stressful events so the client’s access to resources is challenged and the nervous system becomes dysregulated.*

*When children, babies or prenates are exposed to high levels of stress this affects brain structures and pathways that are still developing. As this is occurring at the preverbal level it is retained in the tissues and is not accessible to conscious recall.*

 *On this work shop we will look at the theoretical frameworks currently available for looking at developmental trauma as well as practical approaches for working with children and adults. We will gently explore our own relationship with early experience, our felt sense of safety and some psychological protective mechanisms we may have in play. We will use this as a foundation for beginning to work with holding the depth of safety required to be present with this level of challenge to being in the world*

 *The day will take place via Zoom link and numbers will remain limited to allow for a sense of connection and meaningful interactions.Advice will be given for those not familiar with Zoom.*

***Times***10.00 -5.00, log in from 9.45

**Cost** £75

**Contact** sarahnesling@gmail.com, 07717146419, sarahnesling.co.uk

The course will count as one days CPD for CSTA