

Working with people whose depth of pain leads to extreme defences

Saturday 10th May 2025 10am to 5pm

Presenters will discuss therapeutic work with children, teenagers and adults who've experienced such overwhelmingly painful life experiences that they have developed extreme defences to protect them from the pain. Presenters will discuss violence, self-harm, eating disorders, body dysmorphia and dissociation. Without therapeutic intervention, these defences lead to mind in torment which impacts adversely on all aspects of life, often for years.

All presenters are prolific authors in their field, so bring to this conference a feast of knowledge and decades of clinical experience. They will integrate attachment theory, neurobiology of trauma and recovery, child development and family systems as they explore how extreme defences are a response to overwhelmingly damaging and traumatic life events.

They will discuss the healing process and trauma recovery and specifically the accessing of core pain fuelling the defences. Through moving case material, they will illustrate how collaborative sense making in the safety of the therapeutic relationship, can enable children and young people to create coherent narratives for what has happened, grieve, find self-compassion so they can move on in their lives.

Dr Margot Sunderland

Adult and Child Psychotherapist. Director of Education and Training: Centre for Child Mental Health. Director of Innovation and Research: Trauma Informed Schools UK Child and adult psychotherapist for over 30 years including looked after children in residential care. Over 20 published books on child mental health including: *Conversations that Matter; Helping People Talk About Trauma; Science of Parenting.*

Dr Graham Music

Positions held include: Lead Consultant Child and Adolescent Psychotherapist & Associate Clinical Director Child and Family Department, Tavistock Centre. Consultant Forensic Psychotherapist Tavistock and Portman Trust. Prolific author including: *From Trauma to Harming Others Therapeutic Work with Delinquent, Violent and Sexually Harmful Children and Young People (co-author); Nurturing Natures; Respark: Igniting Hope and Joy After Trauma and Depression.*

Dr Valerie Sinason

Child psychotherapist and adult psychoanalyst. President of the Institute for Psychotherapy and Disability. Founder and Patron of the Clinic for Dissociative Studies. Former Consultant: Tavistock and Portman NHS Trusts, the Anna Freud Centre and St George's Hospital Medical School. Specialised in trauma, disability, dissociation and torture all her working life. Prolific author including: *Dissociation: Everything You Didn't Want to Know and Were Afraid to Ask; Treating Children with Dissociative Disorders (co-editor).*

Dr Dan Hughes

Internationally acclaimed Clinical Psychologist. Founder of Dyadic Developmental Psychotherapy. Originator of PACE. Decades of ground-breaking therapeutic interventions with vulnerable children and their families. Prolific author including: *Building the Bonds of Attachment; Healing Relational Trauma; Attachment Focused Family Therapy; Attachment Focused Parenting; Brain Based Parenting.*

To book: £89

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www.eventbrite.co.uk

Venue: The Institute for Arts in Therapy and Education, Sugar House Island, 1 Danes Yard, Stratford, London E15 2QD