

# Continuing Professional Development Day

Ailin Kelleher

## Workshop Title: Remembering Trauma, Freeing Imagination

Date: May 7th

Venue: bcpc 10am to 4pm

In this workshop we explore the emergence of trauma states in the therapeutic relationship and explore imaginative processes as a way of expanding your emotional availability and your responsiveness in being with traumatised clients. This will be a phenomenologically inspired exploration, drawing on Dialogical and Intersubjective approaches.

My psychotherapeutic approach is informed by a relational, process understanding of trauma, which sees the essence of emotional trauma as not solely rooted in painful, abusive and neglectful experiences, but in the absence of relational responsiveness to the individual's reactive feeling states. Since the abusive relational contexts are unlikely to provide attuned responsiveness the resulting emotional states become an enduring source of lifelong trauma.

Trauma states are characterised by unbearable experience and unendurable levels of anxiety. The traumatised person has no option but to retreat from the traumatised state. My experience is that when trauma states emerge in the therapeutic relationship we are at an edge, a jagged edge, but an edge of authentic self experience that has not been able to be lived, articulated and thought about in relationship. I call these trauma states 'unlived states'.

Imagination as I use it here is rooted in 'bodymind', a kind of non-dualistic, phenomenological, being in the world, involving processes of perception, communication and self expression through body, sensation, imagery, processes which are disrupted in the experience of trauma. 'Remembering trauma' in the therapeutic relationship takes us to that level of experiencing in the present and is evocative for the therapist. We explore how therapist's awareness of and capacity to be with sensory, imaginative experience expands her emotional availability and responsiveness, providing a pathway. Each person will have their own starting point.

## Payment and Location

**Workshop Leader: Ailin Kelleher**

**Venue: BCPC, 1, Trim Bridge, Bath BA1 1HD**

**Fee: £60**

**To book a place on the workshop please fill in the attached booking form and send with a cheque, payable to Ailin Kelleher, to 65, Brook Road, Bath BA2 3RR. For more information or if you have any questions please contact Ailin Kelleher at [ailin1@btinternet.com](mailto:ailin1@btinternet.com) or 01225 470094**

**Ailin Kelleher MA HIP, UKCP reg.** Ailin is a psychotherapist, supervisor and trainer (BCPC). She has been in private practice in Bath for almost 20 years. She has a particular interest in the interfacing of Trauma and Imagination.

