

Helping Challenging Trauma Clients to Open Up: What Have We Learned?
September 18, 2020 | 1:30 – 3:00PM Eastern Daylight Time



Presenter: Robert T Muller, PhD

Presenter Biography: Robert T. Muller, Ph.D. trained at Harvard, was on faculty at the University of Massachusetts, and is currently at York University in Toronto. Dr. Muller is a Fellow of the International Society for the Study of Trauma & Dissociation (ISSTD) for his work on trauma treatment. His most recent book, "Trauma & the Struggle to Open Up" was awarded the 2019 ISSTD written media award. And his award-winning bestseller, "Trauma & the Avoidant Client" has been translated widely. As lead investigator on several multi-site programs to treat interpersonal trauma, Dr. Muller has lectured internationally (Australia, UK, Europe, USA), and has been keynote speaker at mental health conferences in New Zealand and Canada. He founded an online magazine, "The Trauma & Mental Health Report," that is now visited by over 100,000 readers a year. With over 25 years in the field, he practices in Toronto.

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Abstract: When people live through interpersonal trauma, there is a tendency for many to stay silent about their experiences. Reasons can include loyalty to close others, or the wish to keep family secrets. As a means of protecting others and themselves from the pain of traumatic experiences, many rely on a variety of coping strategies to neutralize or cut off painful memories. For example, some may rationalize away traumatic events, use intellectualization as a defense, or dissociate and keep trauma-related feelings at bay. But silence about the painful past is both emotionally costly, and ultimately unsustainable. How can clinicians help these clients feel safe enough to start opening up about their traumatic histories? In this presentation, trauma expert Robert T. Muller, PhD, will look at the process of helping challenging trauma clients open up in a safe, measured way. Through the lens of attachment theory, using a relational, integrative approach, Dr. Muller draws on theory and uses case examples and segments from his own treatment sessions. This web conference focuses on clinical skills that are directly applicable in a therapy practice.

Objectives

Upon completion of this webinar participants will be able to:

- Create safety in the therapeutic relationship early on
- Recognize client ambivalence about their trauma stories
- Describe how to help people in therapy pace the process of opening up
- Recognize therapist feelings in the treatment (e.g., the wish to rush into trauma work, or the wish to avoid it)
- Recognize & use client transference as it relates to opening up about trauma

Can't Make It?

If your schedule won't allow for you to attend, the webinar will be recorded and made available for purchase approximately three weeks after the live event. The recordings cost is \$25 for ISSTD Members and \$45 for non-members. The webinar recording can be accessed on the CE-Credit.com website or in ISSTDWorld for ISSTD members. Exam fees for Continuing Education credits start at an additional \$10.46.

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