Recent years have seen advances in the treatment of intra-familial trauma. Yet, surprisingly little has focused on specific intervention strategies to help the traumatized individual who is avoidant of attachment. Many of our clients cope with traumatic attachment experiences by minimizing painful feelings, by becoming emotionally distant, and by devaluing interpersonal closeness, intimacy and feelings of vulnerability. With individuals who adopt a self-protective help-rejecting stance, psychotherapy can prove very challenging for client and therapist alike.

Dr. Muller will focus on therapeutic techniques he has developed specifically for this population, many of which he has included in his book, *Trauma and the Avoidant Client: Attachment Bases Strategies for Healing*.

Drawing on attachment theory and research, and upon a wealth of clinical experience, Dr. Muller will show how to work with such hard-to-treat clients, how to find points of entry and ways to make contact. Using a relational, psychodynamic approach, he will consider strategies to develop the therapeutic relationship in order to help the client regain a sense of trust in others. The individual is encouraged to take interpersonal risks to mourn losses and to face vulnerabilities. The challenges that arise to the therapeutic relationship are used as a productive force in the treatment.

This workshop will focus on practical clinical technique. Theory is complemented by case examples and segments from treatment sessions. Role playing exercises will be used for skill building purposes.

**You will learn:**

- How to recognize characteristics of avoidant attachment
- How to productively use trauma-related symptoms
- How to maximize client engagement throughout the process
- How to work with affect
- How to recognize and use client transference
- How to effectively manage and use therapist counter-transference.
- How to plan for the termination phase

**Who should attend:**

This workshop is designed for psychologists, psychiatrists, social workers, counselors and psychotherapists, and health/mental health professionals working with clients coping with trauma or trauma-related problems and symptoms.
Robert T. Muller, PH.D., C.Psych. completed his clinical fellowship at Harvard University, after which he joined the faculty of the University of Massachusetts, and started a trauma assessment service that was oriented toward helping under-serviced members of the community. Throughout his professional career, Dr. Muller has been practicing, teaching, and supervising in the areas of trauma, attachment, and psychotherapy. He is the author of *Trauma and the Avoidant Client: Attachment-Based Strategies for Healing*, published by Norton Press. In addition, he has authored numerous scholarly articles, and book chapters, serves as editor and reviewer on a number of journal editorial boards, and is lead investigator on a multi-site study for the assessment and treatment of intra-familial trauma. Dr. Muller was recently honored by the International Society for the Study of Trauma and Dissociation with the 2011 "Written Media Award," for his most recent book on the treatment of trauma.

Dr. Muller currently holds faculty appointments in Clinical Psychology at York University and the University of Toronto, and is a Clinical Supervisor at the Hincks-Dellcrest Treatment Center. A sought-after speaker, he is known for the dynamic workshops he has presented internationally. With over twenty years of clinical experience in the field, he maintains an active private practice in Toronto.

 Registration Form

April 27 & 28 9:00am - 4:00pm
JFS Ottawa - 2255 Carling Avenue, Suite 300, Ottawa

Register for by mail, phone, fax or email for this 2 day workshop

☐ Early Bird Registration (before March 30) $245.00  ☐ Regular Registration $265.00
☐ Group Rate (3+) (Registration forms must be mailed in the same envelope to qualify) $225.00 per person
☐ Student Rate (Copy of student identification must be attached to registration form) $225.00

Registration includes a copy of Dr. Muller’s award winning book *Trauma and the Avoidant Client: Attachment Based Strategies For Healing*

Name: ___________________________________________ Organization: ________________________________

Position: _______________________________ Address: ________________________________________________________

Phone Number: __________________ Fax: __________________ Email: _________________________________

Payment can be made by cheque, Visa or Mastercard and must be included with the registration form. If you register by phone, email or fax, we can only accept credit card payment. Cheques are to be made payable to Jewish Family Services. Post-dated cheques will not be accepted.

I would like to pay by: ☐ Cheque ☐ Visa ☐ Mastercard ☐ I have included a payment of: $___________

Card Number: ___________________________________________ Expires: ______________

Name on Card: ________________________________________ Signature: _______________________

Cancellation Policy:
A $65 administrative fee will be charged for all cancellations. We must receive a notice of cancellation, in writing, 2 weeks prior to the workshop. Payments are transferrable, so in case of a cancellation a colleague may attend in your absence. Admission fees are non-refundable 5 business days before the workshop. The Counselling Group reserves the right to cancel, in the event that a cancellation occurs participants will receive a full refund of their payment.

Continuing Education Credits:
All participants will be receiving a Certificate of Participation which can be used for Continuing Education Credits.

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