



NLPtCA AGM & Conference
22nd June 2019

Speaker: Sharon Rooke

Workshop Title: Vicarious Traumatization and Satir's Intrapyschic Model

Objectives:

- Understand the risks of working with clients that have been traumatised
- Recognise the symptoms of vicarious traumatization
- Learn how to utilise Satir's Intrapyschic Model for self-supervision
- Explore strategies for practicing self-care

Top 5 reasons for attending this workshop/presentation:

It important to have ways to limit vicarious trauma for

- Preventing burn out; maximising effectiveness with clients
- Stopping our clients (psychologically) coming home with us, infiltrating our 'personal space'
- Avoiding losing our sense of agency and feeling disempowered
- Increasing awareness compassion fatigue
- Maintaining the ability to create connection and strong therapeutic alliance
- Practicing self-care, growth and resilience

The Satir Intrapyschic Model will

- Enable you to stay connected and congruent
- Open up pathways of how clients have been impacted by their experience
- Provide a systemic model for change

Learning Outcomes:

Having attended this workshop, you will

- Know how to limit vicarious traumatization and the potential to post traumatic growth
- Will be able to utilise Satir's intrapyschic model for self-supervision and stay connected with clients
- Have strategies to prevent burn-out from working with traumatised clients and generate resilience

Relevance to NLpt:

Satir is one of the original models in the creation of NLP and the creator of family and systemic therapy. Working with trauma is incredibly rewarding and has its risks. Are you aware of the symptoms of trauma, what to pay attention to and how best to proceed?

About Sharon:

Sharon Rooke is a UKCP Reg psychotherapist and supervisor. She has served on the NLPTCA board as Chair, and is the Vice Chair of UKCP Ethics Committee. Her interest of Satir's models took her to Canada to study with Satir of the Pacific, attaining Level II training as Satir Therapist.

