

# Aberdeen Counselling Forum

## **'Numbing the Pain: Making the Link Between Childhood Trauma & Addiction'**

**Christiane Sanderson**

**Saturday 12<sup>th</sup> September 2020**

(10am – 4.30pm)

Delivered via ZOOM

There is increasing evidence that adverse childhood experiences such as childhood abuse, neglect, relational trauma and early childhood stress increases vulnerability and elevated risk of developing addictions. To manage the impact of abuse, trauma and emotional dysregulation many survivors resort to substance misuse, disordered eating, gambling, workaholism, sex, exercise or unhealthy relationships to self-medicate and to regulate their emotions and mood. The workshop will look at early adverse childhood experiences, in particular childhood sexual abuse, complex and relational trauma, and their link to addiction. It will explore the nature of addictions within the context of attachment deficits and lack of emotional self-regulation. We will examine the barriers to disclosure such as shame and how to scaffold their practice with the principles of trauma informed practice. Emphasis will be placed on psychoeducation and re-regulation of the nervous system through affect regulation and increasing the client's window of tolerance. It will introduce a range of techniques such as stabilisation, grounding techniques, and mindfulness to restore control over dysregulated emotional states and reduce the need for external sources of regulation and self-medication. In addition it will explore ways of facilitating disclosure of abuse experiences, how survivors who have a history of addiction can best be supported through the therapeutic relationship.

*Christiane Sanderson is a senior lecturer in Psychology at the University of Roehampton, with over 30 years of experience working with survivors of childhood sexual abuse and sexual violence. She has delivered consultancy, CPD and professional training for parents, teachers, social workers, police, nurses, therapists, counsellors, solicitors, youth workers and many others. She is the author of Counselling Skills for Working with Shame, Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse, Counselling Adult Survivors of Child Sexual Abuse, 3rd edition, Counselling Survivors of Domestic Abuse, The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse, and Introduction to Counselling Survivors of Interpersonal Trauma, all published by Jessica Kingsley Publishers. She has also written The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence; The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths and Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends and Numbing the Pain: A pocket guide for professionals supporting survivors of childhood sexual abuse and addiction for the charity One in Four for whom she is a trustee. [www.christianesanderson.co.uk](http://www.christianesanderson.co.uk)*

**Contact person for booking/enquiries: Diane**

**Email: [diane.crowe@gizgiz.co.uk](mailto:diane.crowe@gizgiz.co.uk)**

Zoom joining link and information needed will be sent by email prior to event.

## ACF **Booking Form** for Workshop Saturday 12/9/20

PARTICIPANT NAME \_\_\_\_\_

EMAIL

ADDRESS: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

PLEASE TICK APPROPRIATE PAYMENT BOX

EARLYBIRD – RECEIVED BY 6/9/20	
ACF MEMBER - £50	
ACF CONCESSION <b>MEMBER</b> - £45 (Low income, 60+, F/T student, counselling diploma student)	
<b>ALL NON MEMBERS</b> - £65	

PAYMENT AFTER 6/9/20	
ACF MEMBER - £60	
ACF CONCESSION <b>MEMBER</b> - £55 (Low income, 60+, F/T student, counselling diploma student)	
<b>ALL NON MEMBERS</b> - £75	

IF YOU ARE AN ORGANISATIONAL MEMBER, PLEASE STATE WHICH ORGANISATION: \_\_\_\_\_

**We now accept payment by BACS but need your full name as reference:**

**Account: 00458505 sort code: 80-05-11**

**If you wish to pay by cheque - email contact person for postal address.**

**Booking form can be sent by email or post**

Cancellation fee of 50% will be refunded up to 3 days prior to event, thereafter no refund will be given.

Confirmation/receipts and certificates will be issued electronically unless requested otherwise.