



NETWORK
OF GREEK
PSYCHOLOGISTS
IN THE NETHERLANDS

The Network of Greek Psychologists
in the Netherlands, in association
with Mattea Spatharaki present:

Seminar for
Mental Health Professionals on:

TRAUMA

*What is it and how do we work
with it in psychotherapy?*

*Sunday, 22nd of November 2015
14:00-18:00, Leiden*

Cost:

35-55 euro (depending on
the number of participants)

Address:

Studio Le Petit Port
Herenstraat 9/A,
2313 AD Leiden

Requests for participation will be accepted
only via email at deps.net@gmail.com
(and NOT through facebook)

For information regarding the seminar,
you can contact 06 4911 5682.

by **drs. Mattea Spatharaki**
Psychologist Reg. / EMDR
Practitioner Europe

Reg. NIP / GZ / BIG / LWP / EMDR Practitioner
Europe, Associate Professor Leiden University,
Lecturer and Trainer University of Crete
University of Thessalia, Trauma Institute Athens

Seminar Content:

What different kinds of Trauma do we
distinguish and how do we work with
them differently :

Simple or one time Trauma
Complex Trauma
Attachment Trauma
Intergenerational Trauma

Different Phases of Therapy with PTSD :
Stabilization
Working Through
Integration
What do we do in those different phases ?
Examples of exercises.

How do we work with the symptoms
people might have when traumatized :
Post Traumatic Stress Symptoms :
The window of Tolerance :
How do people with PTSS are thrown
out of the Window of Tolerance and
how to get them in.

Which *questionnaires* and *exercises* are
helpful to work with ?

Stabilization exercises /
Body oriented exercises /
(differentiation exercises : exercises to
help someone to stay in the here and now)

The role of *EMDR* in trauma therapy.

The *relationship with the therapist :*
What does a traumatized client need
from the therapist (and what not)
What does an attachment trauma client
need from the therapist (and what not) ?