



Recovering from trauma

The Association of Christian Counsellors (ACC) in Scotland is delighted to have leading counsellor Mike Fisher as the key speaker at their forthcoming conference exploring the importance of attachment in recovery from trauma.

Date: Saturday 20 March 2010

Venue: Faith Mission Centre, Edinburgh

Time: 0930 - 1630

“None of us can escape from having trauma in our lives, but the more we understand about trauma the more it aids our recovery. How we handle trauma will, in part, depend on how securely attached we are, and how we attach will be influenced by our experience of trauma,” says Mike Fisher.

The insights of attachment theory and the role of attachment is increasingly being recognised as being significant in recovery from trauma, especially early life trauma. This training day will explore some of the aspects of attachment theory that are important for counsellors supporting individuals in recovery from trauma.

Counsellors, psychotherapists and care providers increasingly encounter people suffering the long term effects of trauma. This event will help participants recognise the signs and understand the relationship between trauma, attachment, and dissociation.

Mike Fisher is a counsellor, supervisor, trainer and a sensorimotor psychotherapist for trauma. He is Executive Director of the Willows Counselling Service and a Fellow of the Association of Christian Counsellors. His background is in social work, where he was also responsible for coordinating services for disasters.

Mike works with people who are survivors of sexual and ritual abuse. He is chairman of TAG (the Trauma and Abuse Group) and is a member of the Archbishops Council Consultative Group on the churches response to survivors of childhood sexual abuse. He is also a member of both the International and the European Society for Trauma and Dissociation, and the vice chair of the UK Association for Sensorimotor Psychotherapy.

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- This day conference will be suitable for both counsellors and pastoral carers.

For more press information or quotes/interviews please contact
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Notes to editors:

- To book a conference place, please contact Ruth Harris. Tel: 084 5123 5169. Email: scotland@acc-uk.org
- Full venue details: Faith Mission Centre, Govan House, 548 Gilmerton Road Edinburgh, EH17 7JD Tel: 0131 672 2149.
http://www.faithmission.org/centres/edinburgh/ctr_edinburgh1.htm
- ACC, a registered charity, with headquarters in Coventry, is the leading agency representing the voice of Christian counsellors and pastoral carers in the UK. Founded in 1992, it today represents around 2,000 members and 150 affiliate associations. ACC aims to be a catalyst for excellence through its standardisation of good practice, accreditation, the recognition of training, its journal "Accord" and its conferences. For more general information about ACC, please visit www.acc-uk.org
- Whilst their Christian faith informs their work, ACC counsellors will, where appropriate, work with clients of other or no faiths. They adhere to a strict code of conduct which means they would never seek to impose their religious views upon a client.