

# KEYNOTE

## **Clinical Skills Lecture: Compassion and Body Focused Approaches to Working with Attachment and Trauma**

Deirdre Fay



### **Bio:**

Deirdre Fay, LICSW, integrates traditional trauma and attachment therapy with over 40 years of meditation and yoga practice. The author of *Attachment-Based Yoga & Meditation for Trauma Recovery* (Norton, 2017), co-author of *Attachment Disturbances in Adults* (Norton, 2016) and the originator of the *Becoming Safely Embodied Skills*, Deirdre has pioneered using the internet to teach ways to heal trauma and attachment and creating an international community. A former supervisor at The Trauma Center, Sensorimotor Psychotherapy Institute trainer from 2000–2008, certified in Internal Family Therapy, and qualified trainer in Mindful Self-Compassion, Deirdre is a respected international teacher and mentor for working safely with the body.

### **Abstract:**

The physiological distress of attachment wounding intricately shapes the experience of reality making it difficult to live within the body. Trust is ruptured, leaving an internal template persistently activated as the past invades and triggers felt experience in the present. The ruptures and wounds in relating are encoded physiologically therefore needing to be healed in and with body work. Moving into traumatic experience activates the threat system making it hard to access the care/affiliative systems which can be a source of healing. CFT can be allied with body-focused yogic psychology and practices to safely work with the body cultivating compassion to be healing and transformative. This workshop will explore the basis of this work, and offer insights on the practices involved and how they can be utilised with CFT.