

## CLINICAL FORUM

Saturday, 11 January 2020

11am to 1pm

Speaker: Ruthie Smith

### Synopsis:

Attachment trauma has major implications for people's capacity for individuation often resulting in co-dependent relationships, fear of intimacy or separation, living in chronic states of anxiety or disconnection. Trauma is held as stress in the body and scientific research has now proven that traumatic patterns go deep into our cellular memory and DNA. Many people with trauma at conception and in utero, suffer from chronic and undiagnosed PTSD. Energy psychology methods enable us to identify and treat traumatic patterns which are outside conscious awareness, so these methods are particularly useful in working with developmental, abandonment and attachment trauma.

Ruthie Smith will describe how using simple Energy Therapy methods, which clients apply to themselves within relational psychotherapy, makes it possible to treat attachment trauma relatively easily, including pre-verbal trauma such as in utero, pre-birth, birth and early life trauma and the fundamental lack of safety which such trauma engenders. In the process, the client forms a healthy attachment with the therapist, facilitating the experience of the 'secure base'. The use of energy psychotherapy also provides empowering self-help tools for clients, enabling them to self-regulate their emotions and triggers, bringing them to a state of balance

### About the speaker:

Ruthie Smith is an Attachment Based Psychoanalytic Psychotherapist with over 30 years experience. She was a therapist and supervisor at the Women's Therapy Centre founded by Susie Orbach and worked as a Principal Individual Psychotherapist and Supervisor in the NHS.

Ruthie has taught on many psychotherapy training programmes, including at the Bowlby Centre, where she is currently a training supervisor. She has been teaching energy psychotherapy for the past ten years and founded the Flame Centre in central London in 2010 which specialises in treating trauma using energy methods.

Ruthie is senior course director on the new *Confer, Practising Energy Psychotherapy Diploma* which starts in January 2020 (<https://www.confer.uk.com/depth-courses/energy.html>). She has been a speaker on the *Confer* CPD programmes on a variety of subjects.

Her other interests include spirituality, running mindfulness and theme centred retreats at her Octagon Centre, and music - singing with chamber choir, playing saxophone in various groups.

<b>Time:</b>	11.00am - 1.00pm (Registration 10.45)
<b>Cost:</b>	£30 (Bowlby Centre members and students - free)
<b>Venue:</b>	The Bowlby Centre 1 Highbury Crescent, London N5 1RN
<b>Chair of Clinical Forum:</b>	Helen Everitt, member of the Bowlby Centre
<b>CPD:</b>	2 hours - (CPD certificate provided)