



Externalising the Legacy of Childhood Trauma

Working with depressive and auto aggressive, as well as external aggressive symptoms in traumatised people

Advanced practitioner training

Experience of working with clients with complex trauma and dissociation and some previous basic training in the issues are required for attendance.

2 day training event with **Dr. Ralf Vogt** rer. nat. DP

from the Trauma-Institut-Leipzig, Germany

The event language will be English

Date: 18th May + 19th May 2024, Saturday and Sunday

Time: 10am to 5pm

Venue: Unit 17, Brewery Yard, Deva City Office Park,
Manchester M3 7BB (Satnav M3 7BD)

In our therapeutic practice we frequently see traumatised people whose symptoms / dissociative processes are getting in the way of a positive therapeutic outcome.

In this 2 day advanced practitioner training, Dr Ralf Vogt will help us understand the important determinants of the body- and gestalt-oriented, analytical therapy Model of Somatic Psychological Interactive Model (version 30).

The SPIM30 model is a therapeutic body and action orientated approach which was developed for clients with complex trauma and dissociative processes.

SPIM30 describes deliberate abusive and/or neglectful interpersonal traumatisation as boundary violations in a multi-level model. Findings from neurobiology are included. (S. Porges, Poly-vagal Theory PVT).

The SPIM30 model can be incorporated into any trauma focussed therapeutic approach.

How is this different from other therapeutic approaches.

The advanced training will explain techniques of how to use therapy objects and methods to examine nightmares and memory gaps so that self-protection (dissociative defences) can be slowly loosened in order to work through the traumatisation. Role structure schemes, animated therapy media, hula hoops and much more are used for this purpose.

Psycho education will be used to help explain the concepts of fear transference and perpetrator energies, which will support the client in understanding their inner psychological fluctuations during trauma work.

You will get a chance to observe and try out different stabilisation techniques with body movements. Additionally you will witness the power of connection-supporting methods like rods, ropes, pillows and blankets to enhance the client-therapist dialogue.

All exercises will be discussed in the group beforehand, after which each training participant will get a chance to practice the SPIM30 techniques in sub groups to experience the therapeutic applications of the theory.

Please bring comfortable shoes and casual clothing.

Please click on this link to book for this training event.

<https://www.eventbrite.co.uk/e/externalising-the-legacy-of-childhood-trauma-tickets-764844669997?aff=oddtcreator>

Trainer Dr. Ralf Vogt



Dr. Vogt is a psycho-traumatologist and body-oriented psychoanalyst at the Trauma Institute in Leipzig, working with adults, children and groups. Together with his wife Irina Vogt they have developed the SPIM30 model, and with it successfully helped many clients for over 40 years.

Dr Vogt is a member of ISSTD, ESTD, DeGPT (Fellow Award 2011, C. Wilbur Award 2017 for the SPIM30 model, ISSTD).

<https://www.traumainstitutleipzig.de/spim-30>

Together with his wife Irina Vogt he has written, contributed and edited 11 specialist books in German - 6 of which have been translated into English.

Vogt Ralf, Ed, **Beseelbare Therapy Objects**, Gießen: Psychosozial-Verlag, 2006

Vogt, Ralf, Ed, **Psychotrauma, State, Setting**, Psychoanalytical-Action-Related Model for a Treatment of Complexly Traumatized Patients. Gießen: Psychosozial-Verlag, 2008

Vogt Ralf, Ed, **Perpetrator Introjects**, Psychotherapy Diagnostics and Treatment Models, Asanger Verlag Kröning, 2012

Vogt Ralf, **SPIM30, Treatment Model for Dissociative Trauma Disorders**, Asanger Verlag Kröning, 2015

Vogt Ralf, **Treatment of flight phobia: a polyvagal perspective**, Chapter 17 in the book **Clinical Applications of the Polyvagal Theory**, The Emergence of Polyvagal-Informed Therapies, by Stephen W. Porges and Deb Dana EDs, Norton Professional Books, 2018

Vogt Ralf, Ed, **The Traumatized Memory - Protection and Resistance**, how traumatic stress encrypts itself in the body, behaviour and soul and how to detect it, Lehmanns Media GmbH Berlin, 2019

Vogt Ralf, ED, **Confusion, Splitting, Shame & Guilt in Man-Made Psychotraumas: Complex Traumatization & Identity Disorders in Treatment**, Lehmanns, 2022

