



Resparking: Working with Shut-Down and Deactivated States

Presented by
Dr Graham Music

7 February 2025

Course Information

This day will focus on emotionally hard to reach children who seem more shut-down. The day will have two parts, each focusing on different presentations of deactivated states.

The first will look at the profound effects of neglect rather than overt trauma. We will look at what the effects are of neglect on the brain, the nervous system and how clients present, as well as the challenges of staying psychologically alive and interested in their presence and drawing them into life. Clinical examples will be presented and, time allowing, some discussion of case examples

Part two will look more at shut-down after overt trauma, and dissociation, and how this leads to different bodily states in patient and therapist. Again implications for our practice will be elaborated on, such as the need for a more careful and embodied practice.

Such dissociative forms of shut-down will be differentiated from another form of shut-down, that which is seen in forms of depression and learned helplessness which again requires different approaches.

Suitable For

This course is suitable for any professional, including those without qualifications but who work with young people who have experienced trauma.

About the Trainer

Dr Graham Music is a psychotherapist, trainer, author and supervisor. He is a Consultant Child and Adolescent Psychotherapist at the Tavistock Centre where he has worked for over 20 years, and he has been adult Psychotherapist for about 35 years. Formerly Associate Clinical Director of the Tavistock Clinic's Child and Family Department, he has developed many innovative programs, including setting up services in over 40 schools and a range of services working with the aftermath of child maltreatment and neglect. His clinical specialty for decades been understanding and working with trauma. He supervises and teaches nationally and internationally and has a particular interest in linking cutting-edge developmental findings with therapeutic practice. His publications include *Nurturing Natures*: (2023, 2016, 2010), *Respark: Igniting Hope and Joy after trauma and depression*, (2022), *Affect and Emotion* (2022, 2001), *Nurturing Children: From Trauma to Hope* (2019), *The Good Life*: (2014) as well as co- editing *From Trauma to Harming Others* (2021).

Details

Date:	7 February 2025 (1 day)
Time:	9.30am to 4.30pm
Venue:	Online
Price:	£150
Booking:	To book your place please click here or email us at trainingwithus@adoptionplus.co.uk

www.adoptionplus.co.uk/training | 01908 218251