

## AGENDA

### **Relationship Strategies in Trauma Treatment: Treating Challenging Clients** **Robert T. Muller, Ph.D.**

**Note: All Times are Pacific Time**

9:00-9:10 Welcome and Introduction

9:10- 10:30 **Opening Up About Trauma: A Relational Process**

- When the expectation is to stay silent about the past: “You mustn't tell anyone!”
- How trauma stories “leak out” with the therapist
- Client avoidance of the past, painful feelings, and relationships
- Mutual avoidance: When client and therapist avoid: “This trauma feels too scary to handle!”

10:30-10:40 Morning Break

10:40-12:10 **How to Pace the Process of Opening Up**

- When the client rushes in
- When the therapist rushes into trauma work, and unknowingly undermines the process

12:10-12:50 Lunch Break

12:50-2:20 **Strategies to Bring a Sense of Safety to the Therapeutic Relationship**

- Naming client traumatic experiences
- Validating client traumatic experiences
- Honesty in the therapeutic relationship: Easier said than done
- Negotiating change from the start helps bring containment and hopefulness

2:20-2:30 Afternoon Break

2:30-4:00 **Navigating and Using Conflict in the Therapeutic Relationship**

- The relationship can easily go off the rails: When enactments bring ruptures
- How to repair a ruptured alliance