

Contemplative-based Therapy for Trauma

Contemplative-based Therapy for Trauma is a skill based group, developed by Judith Prebluda, M.A., L.M.H.C. It is based on the Mindfulness-based Cognitive therapy research of Zindel Segal, and Influenced by the work of Jon Kabat Zinn, Marsha Linehan and Deborah Rozelle.

This is a 10 week skill-based group for childhood trauma survivors that will focus on building skills and resources to bring a sense of safety and grounding into trauma survivors' lives. In this group, Trauma is defined as both *overt* abuse and *covert*: i.e. neglect, abandonment or subtle misuse. This includes both **P.T.S.D** and **Complex P T S.D**. The practices taught are based on Mindfulness Meditation, Resource Development (Contemplative based practices) and Mindful Relating.

In trauma therapy, building *internal safety*, learning to *ground yourself*, and to develop the ability to be both *safely embodied* and *safely connected to others* is often called *Stage One of Treatment*. These skills will help to support and reinforce whatever trauma treatment you are in, or perhaps be the first step in your search for healing. In that these groups are skill based, they will involve teaching specific tools and approaches, but will also allow time for group reflection and sharing, in a safe, structured and confidential therapeutic environment. All of this is essential for this first step.

I will teach the basic skill of Mindfulness Meditation, which, I believe, *anyone* can learn, with the right instruction. This skill will help you to focus more easily in the present, rather than being stuck in the past, or worrying about the future. I teach from the belief in "Beginner's Mind", or "Starting Where You Are", which means supporting the absence of any preconceptions about how things "should be", and the idea that we are all beginners, and all continuously learning.

Because this skill can sometimes be challenging for people suffering from P.T.S.D, and Complex P.T.S.D., due to strong and sometimes intrusive memories and triggered states, I have added practices called *Resource Development*, which come from *Meditative Contemplative Traditions*.

Mindfulness Meditation and Resource Development (Contemplative-based Practices.) have many beneficial effects. (See links to Mindfulness and Contemplative-based Practices page). In this group we will be focusing on two fundamental therapeutic by-products of these practices:

- The ability to uncover and discover inner states of calm and peace that are experienced in the practicing of Mindfulness,

And:

- Developing Internal States that establish and build a sense of safety and stability, as well as generate and nurture a sense of Self-Compassion, Self-Forgiveness and Self-Worth.

Because this group is short term and skill based, processing of triggers or material stimulated will be primarily dealt with outside of the structure of the group. I will, however, be including **Mindful Relating Skills** (Interpersonal Mindfulness) as a third skill base. This will include exercises in both *Mindful listening* and *Mindful Speech* in group sharing.

WHAT WILL THIS LOOK LIKE?

Interspersed with basic Mindfulness meditation skills and Mindful Relating skills, I will teach simple practices that use phrases, imagery and felt-sense experience to enhance your ability to feel more loving towards yourself, more forgiving of yourself and more self-worth (All of which are often stunted by Trauma).

This class can be taken by itself, or be followed by Part 2, which will give you the ability to develop and internalize these skills more deeply, continue with the development of Interpersonal Mindfulness skills and experiment using these skills more regularly in your daily life.