

# Effective Treatment of Trauma

New Concept, Ancient Method.

Different, Effective, Proven.

- David Waite, Southwest Manchester
- [EnjoyLifeCounselling@outlook.com](mailto:EnjoyLifeCounselling@outlook.com).
- No website- I have all the work I want.
- e-slides available. I will talk you through the slides. You don't have to read them all.
- e-Booklet on my written work available.
- I will support you in progressing this method.

# Who I am.

- Diploma and Masters in Counselling Psychology-
  - My second career.
- I work with
  - adults, children, couples and families
  - those on the margins of society: asylum seekers, prisoners, sex offenders, torture victims, victims of abuse and addicts.
- Trauma is prominent in my work.
  - In particular, a young client from the MEN bombing.
  - 6 sessions and out including a flight phobia.
- Psychoses are not part of my normal work scope.
  - I describe my clientele as the 'walking wounded'.
- I teach meditation to clients and groups regularly.



# I Work in

- Large Counselling Centre and Satellite
- Charity supporting the Marginalised
- Private Practice.
  - Not in healthcare setting,
  - Freedom to pursue client objectives.



# Articles published

- Therapy Today, June 2015 – Circle Diagram.
- Thresholds, Winter 2014 – It's God's Job to do The Ripples.
- Thresholds, Spring 2016- The Sound of Silence.
  - The e-booklet contains published and unpublished work.

# Session Aims

- Review current research on Counselling effectiveness
- Consider the rationale in pathology orientated therapy.
- Indicate how Person Centred Counselling principles may work well or not so well.
- Outline a new approach using diagrams
- Clarify the concept of trauma using a visual aid
- Demonstrate how cognitive concepts plus experiential therapy can safely deliver effective healing for most emotional issues.
- Explain a process of healing which clients can readily understand.
- Identify a performance monitoring method



# Session Aims

- Describe a very specific form of meditation
  - Proven effective over time
  - Across pathologies
  
- Offer a brief experience of the practice.
  
- My session target:
  - outline a new, reliable, substantive counselling method
  - offer post-conference support



# Soul Centred Counselling

- Goes to the core of the person in  
Person Centred Counselling
- Developed prior to my training.
- Better than the training.
- More comprehensive than three years training
  - My challenge
  - To get that into 45 mins!



# My Concerns about Practice

- anecdotal direct experience and hearsay evidence raised my concerns about
  - training
  - supervision
  - counselling
- Two reports confirmed my suspicions. Both are
  - IAPT data sourced
  - Not limited sessions
  - Diploma level therapists.



# BACP/Sheffield Research

- Research conducted by BACP and Sheffield University comparing the relative effectiveness of CBT and counselling, reported in 2017 that over 33,243 subjects, **‘the scores of approximately half of all patients, regardless of the intervention received, either did not achieve reliable improvement or reliably deteriorated’**.
  - Pybis et al. BMC Psychiatry (2017) 17:215
- A 2008 BACP metastudy by Hill A et al. ‘Counselling in primary care: a systematic review of the evidence’ found that the **‘advantages of counselling in the short term were not sustained over a longer time period.’**
- We must rectify this.



# In Contrast

- I monitor my performance from the ratio of client In and Out Core scores.
- A further subjective monitoring indicates that over 90% of my individual clients would declare the Soul Centred Counselling method effective.
- We need these levels to call ourselves professional and to be the emotional healing equivalent to the GP. That is the service we must offer. Nothing less.

# Unlike the healthcare sector,

- I don't offer specific pathologically related therapy, because person centred counselling :
  - is about the person not the pathology
  - provides the basis for addressing pathologies
- pathologically directed therapy can harm by opening old wounds with no healing provision.
  - A rape victim who was weekly retraumatised by revisiting the event in session with no resolution provided.
  - An Iraqi war veteran shut down access to the trauma after repeated dedicated trauma therapy. Alcoholism was the result.

# Trauma appears in all my cases

- The Australian Psychological Society says:
  - ...traumatic events are powerful and upsetting incidents that intrude into daily life. ...usually defined as experiences which are ...significant threats to one's physical or psychological wellbeing.
  - The same event may have little impact on one person but cause severe distress in another.
  - The impact ... may be related to the person's mental and physical health, level of available support at the time ..., and past experience and coping skills.

[https://www.psychology.org.au/publications/tip\\_sheets/trauma/](https://www.psychology.org.au/publications/tip_sheets/trauma/)



# Trauma is:

- not about the past, but about the future.
- the fear that an event, which has damaged us in some way, may recur and damage us again.
- Until we have been able to revisit a trauma experientially (and usually cognitively) and maintain emotional equilibrium with that, our daily emotions will be, in part, defined by that fear.



# The basis of any talking therapy

- Must be person centred to be truly safe and effective
  - meets the client where they are.
- Person Centred Counselling is described as Humanistic.
  - Humanism is a philosophical and ethical stance that emphasizes the value and agency of human beings ...generally prefers critical thinking and evidence over...dogma or superstition
- It does not imply everyone is right, nor deny the existence of basic truths or absolutes.
- Soul Centred Counselling identifies common human factors, transferable across clients.
- It is scientifically considered. See article in the booklet



# Classical Person Centred Counselling

- is the most common method taught, mainly because it is safe to teach.
- Basically a listening service.
- Fails to utilise the counsellor's developed knowledge.
- Often fails with CYPs, addicts, couples, families and some individuals
  
- Integrative Person Centred Counselling is CPCC plus anything, so is not defined

# Soul Centred Counselling

- guides clients to a better understanding of how they function as emotional animals.
- uses a basic diagram template to build that understanding,
- uses analogies to the human body and to computer functions.
- As the body continually combats biological and physical harm to restore health, the mind or soul combats emotional attack.
  - Counselling needs to tap into those healing processes.
- Much distress is caused by poor mind programming throughout life
  - Talking therapy helps clients reconfigure malfunctioning mental software
- uses a very specific meditation method, found in most Buddhist centres.
- Meditation is the most powerful tool within the method.
- Meditation can be mutated by teachers to the point of ineffectiveness.





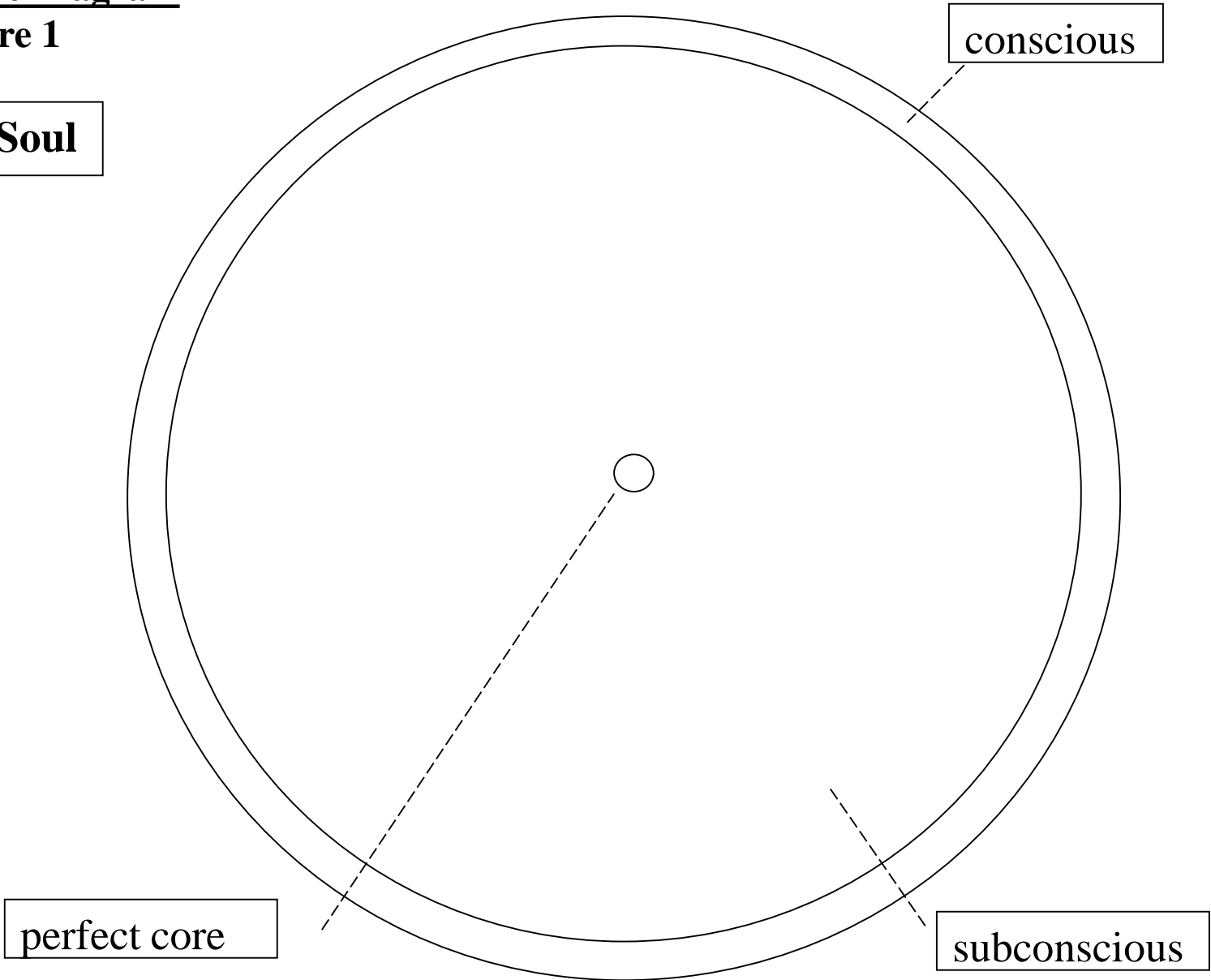
# Psychology vs Counselling

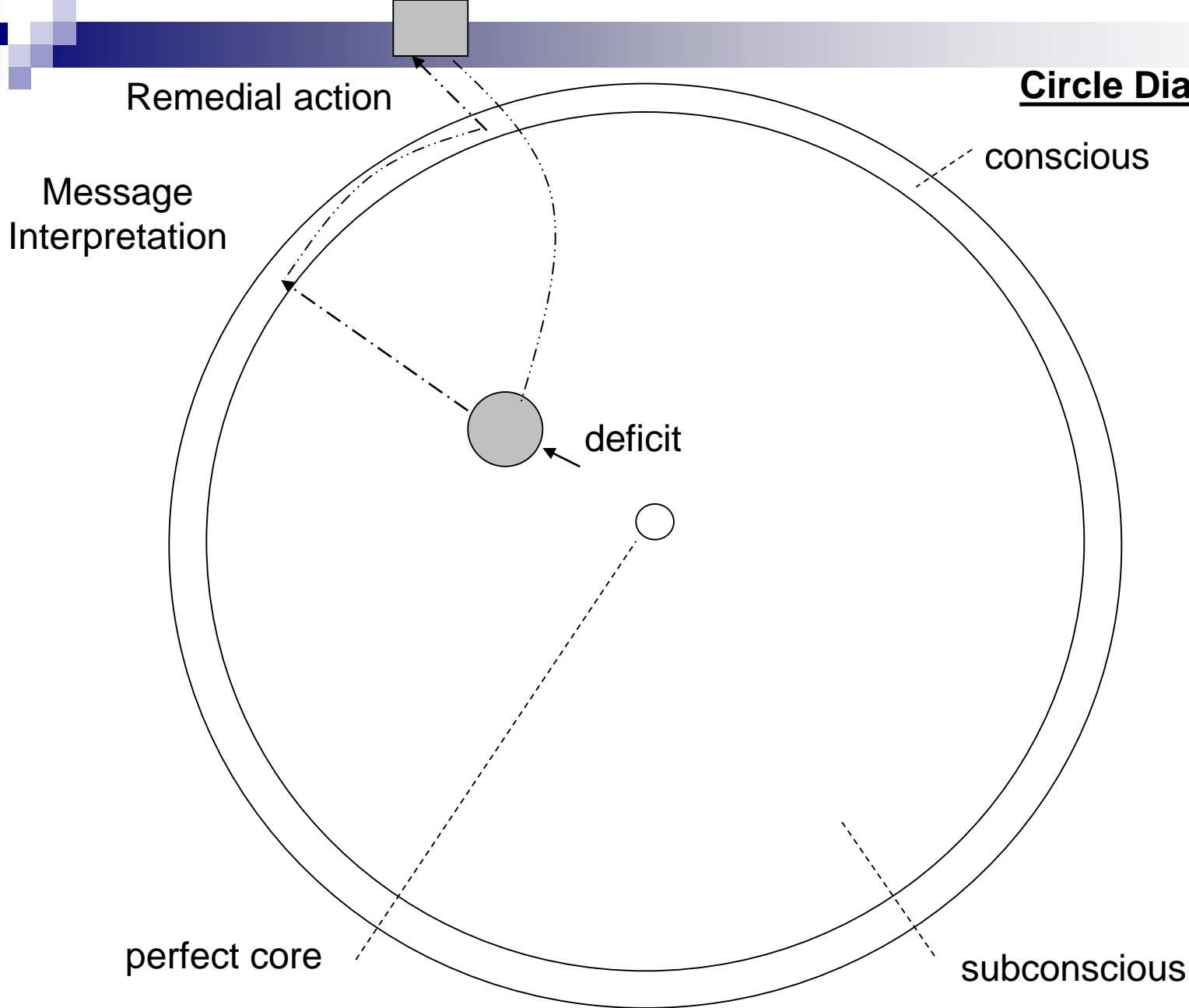
- Psychology says: the 'study of the mind', but its Greek derivation says the 'study of the soul'.
- Counselling is concerned not with how we think, but how we feel.
- So Counselling is the true Psychology.
- Thus, I use the word 'soul', not mind, to emphasise that I am concerned about how the whole person feels.

# Circle Diagram

Figure 1

My Soul

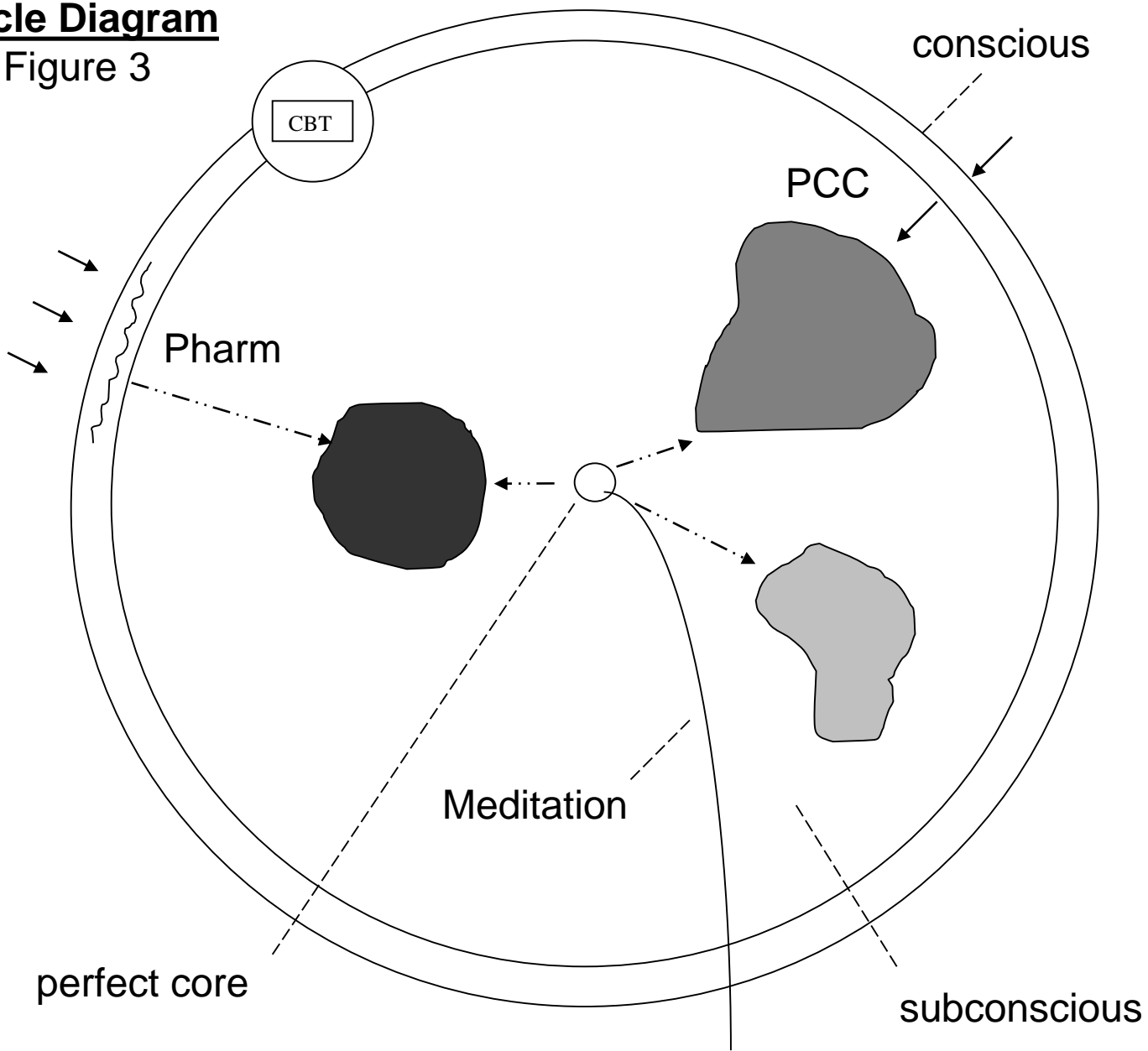




**Maintaining Emotional Balance**

# Circle Diagram

Figure 3





# Soul Centred Counselling objective

- to make Peace a baseline daily experience.
  - Cognitive: developing Circle Diagram to depict and understand client's condition.
  - Spiritual: client meditates daily, allowing space for the soul to self heal.
- Other aspects: note making, performance recording, meditation monitoring...

# Meditation

- is a daily practice which enlivens the soul's healing process.
- It is a healing and not a relaxation exercise.
- It must be as non-cognitive as possible – so KISS.
  
- Mindfulness is a poorly defined term which I will only use as referring to the fruits of daily Meditation.



# Meditation is

- Very powerful but quiet. Ordinary. Proven effectiveness
- Life changing.
- A Black Box. We do it and accept its results
- Challenge is daily commitment
  
- It can be monitored with counselling clients.
- It helps all who commit to it.
- A cathartic process

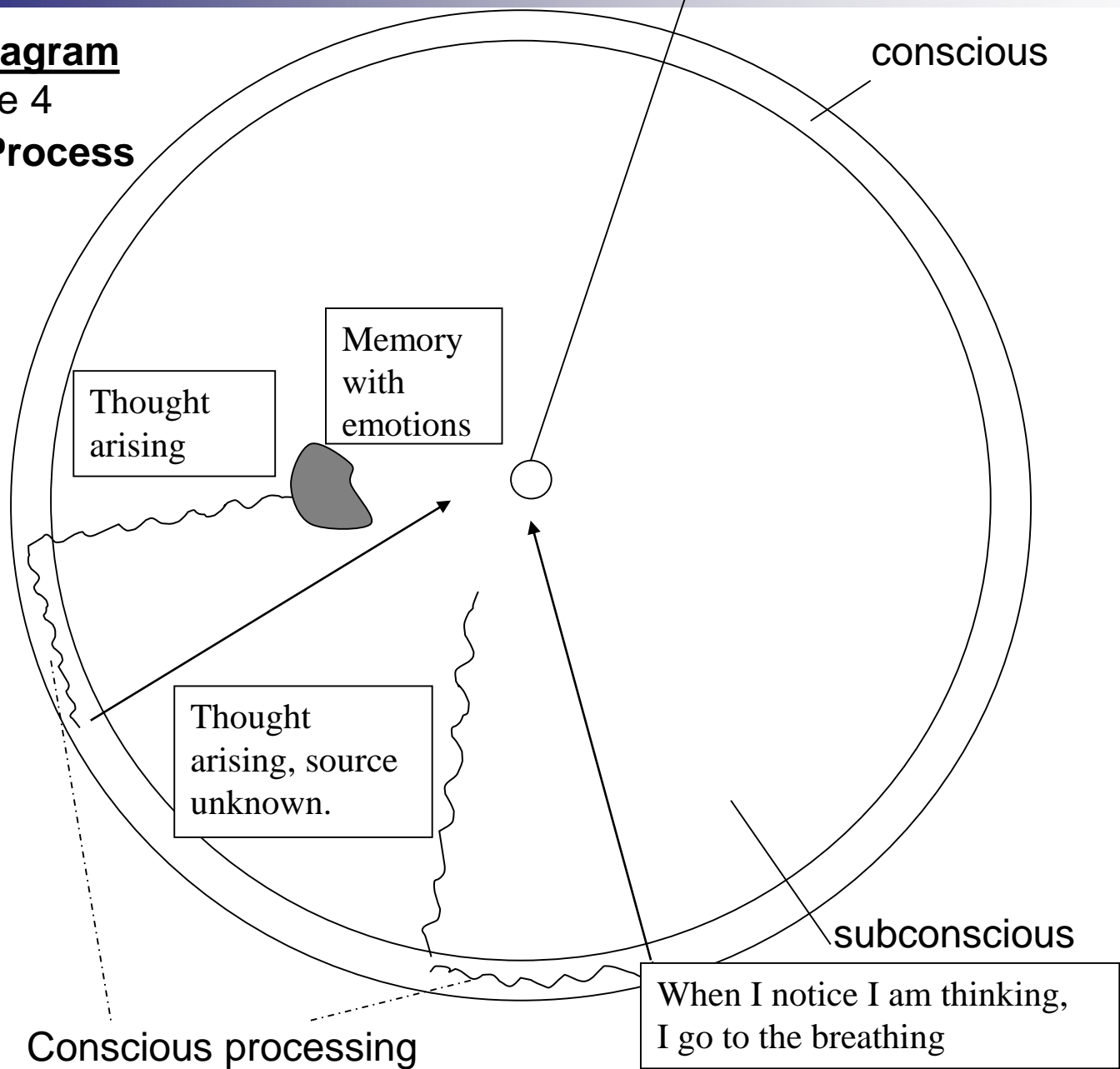
perfect core

conscious

# Circle Diagram

Figure 4

## Meditation Process





# Invitation to a Sample Meditation

- Body Awareness + Breathing Meditation.
- BA is for the teaching only. Only do the BM at home
- **‘When I notice I am thinking, I go to the breathing’.**
- Put aside any other form of Meditation or Mindfulness you have used
- Comfortable, upright, eyes closed, hand on knees for BA.
- Start



# Slowly open the eyes

- Please stay quiet for a while if you wish. I will stay around.
- If you feel some peace now, then imagine daily practice permeating your life.
- Your experience is yours to replicate at home.
- The process is for healing, not relaxation.
- It helps clients if you are calmer and more resilient
- It helps clients a lot if you can teach them.
- I invite questions or comments