



#Traumaconf15

Helping and Healing in Trauma

– Noel McDermott

Resource Guide

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About Noel McDermott

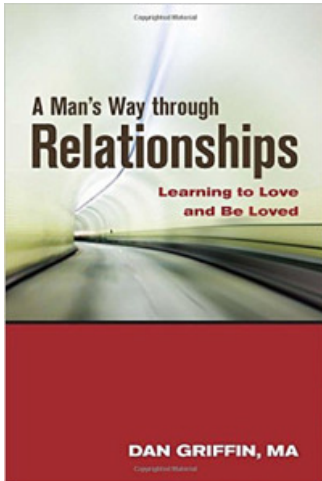
www.noelmcdermott.net

Noel has worked in health, child, and social care since the mid 1980's. After University, Noel pursued a love for theatre and the arts, working as a community arts worker and developing a deep attachment to diversity that is characteristic of his approach to life. He undertook his training as a specialist psychotherapist, qualifying as a post-graduate in 1996.



Post qualification, he achieved and maintained statutory registration and currently is licensed to practice with the Health and Care Professions Council. He moved to Scotland working in adult community mental health, psychiatric in-patient, forensic, and social services settings. On returning to London, he worked in social services settings; managing services to refugees, children, families, and adults across all service areas. Then he moved into the third sector working with trauma, children, and their families; adult mental health, and addictions. Over time, he has integrated CBT, solution focused and brief approaches, family work and recovery based practices to his original psychodynamic training.

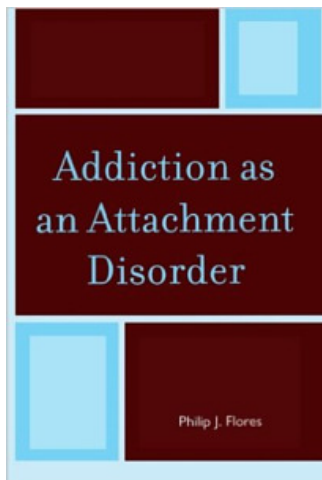
Reading



A Man's Way through Relationships: Learning to Love and Be Loved

An essential guide to the challenges men face in creating healthy and engaged relationships in all areas of their lives. Every idea is presented through the lens of the "Man Rules"-the often unconscious ideas men carry with them into every relationship they have-that affect their ability to find true connection. A Man's Way through Relationships offers practical advice and inspiration for men to define, with their partners, their own sense of masculinity, and thus heighten their potential to love and be loved.

[CLICK HERE FOR MORE DETAILS](#)



Addiction as an Attachment Disorder

From the Foreword:

"Addiction is a disorder in self-regulation. Individuals who become dependent on addictive substances cannot regulate their emotions, self-care, self-esteem, and relationships. In this monumental and illuminating text Philip Flores covers all the reasons why this is so. But it is the domain of interpersonal relations that he makes clear why individuals susceptible to substance use disorders (SUDs) are especially vulnerable. His emphasis on addiction as an attachment disorder is principally important because he provides extensive scholarly and clinical insights as to why certain vulnerable individuals so desperately need to substitute chemical solutions and connections for human ones.

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Resources

APPS



3D Brain

By Cold Spring Harbor Laboratory

Use your touch screen to rotate and zoom around 29 interactive structures. Discover how each brain region functions, what happens when it is injured, and how it is involved in mental illness. Each detailed structure comes with information on functions, disorders, brain damage, case studies, and links to modern research.

[**CLICK HERE TO DOWNLOAD**](#)



Insight Timer

With beautiful Tibetan singing bowls and a dynamic worldwide meditation community, Insight Timer is the fun, connected way to support your meditation practice.

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Connect with Noel

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