

SPAR Model of Trauma Therapy

- Catherine Knibbs



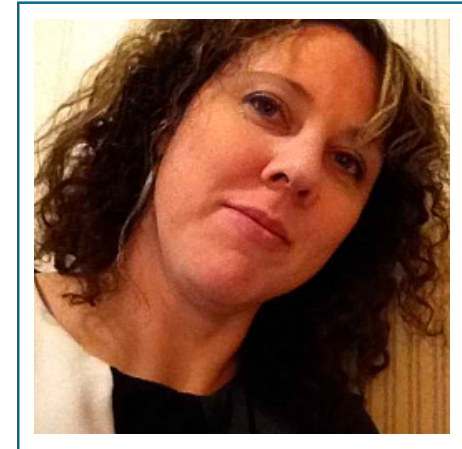
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RESOURCE GUIDE

About Catherine Knibbs

Cath is a Child Trauma therapist MBACP (accred) specialising in and working with online abuse and Cybertrauma, as well as trauma/abuse in the real world. She uses Neuroscience and Psychotherapy to understand and work with the complex needs of her clients.

She is currently studying an MSc in Child & Adult Psychotherapy and is a Clinical Supervisor, Consultant and Public Speaker & has published material around these topics. She also writes for Internet Matters.



Catherine Knibbs

www.peersupportyorks.co.uk

www.cybertrauma.com



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Event Details

In this hour, I will offer an overview of the SPAR (Safety, Psychobiological, Attuned Recovery) model of trauma counselling and psychotherapy. This model takes the innate systems of evolution, brain and child development, and looks at behavioural and psychological responses that we as therapists benefit from understanding in our work with clients.

This is the model that I use in trauma recovery therapy. This event discussion will also be a useful introduction to the workshop I am running in March which is designed for Trauma Practitioners.



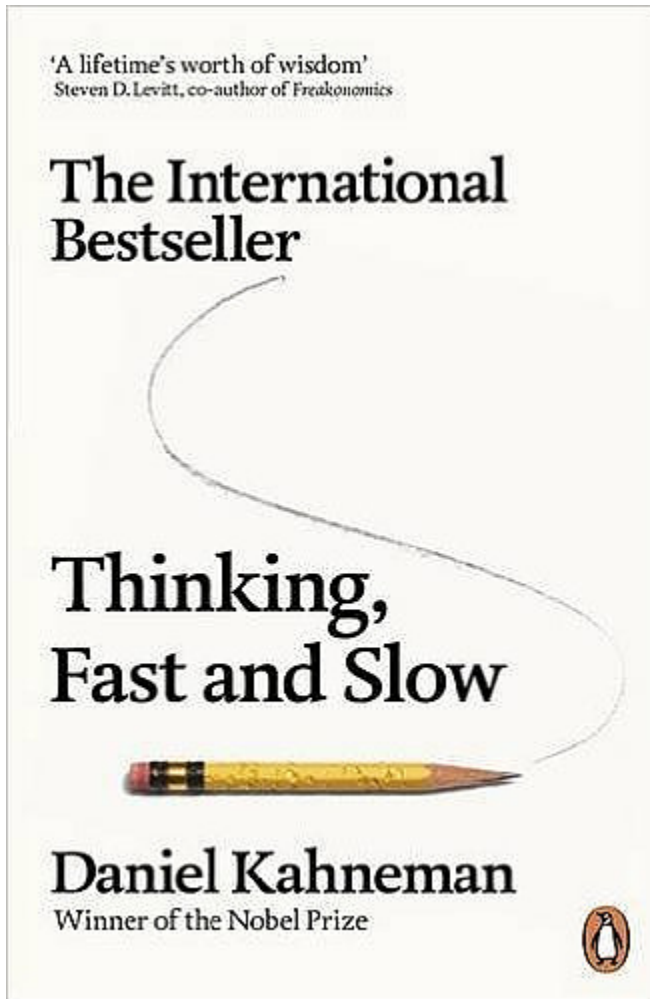
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Recommend Reading



The phenomenal New York Times Bestseller by Nobel Prize-winner Daniel Kahneman, *Thinking Fast and Slow* offers a whole new look at the way our minds work, and how we make decisions.

Why is there more chance we'll believe something if it's in a bold type face? Why are judges more likely to deny parole before lunch? Why do we assume a good-looking person will be more competent? The answer lies in the two ways we make choices: fast, intuitive thinking, and slow, rational thinking. This book reveals how our minds are tripped up by error and prejudice (even when we think we are being logical), and gives you practical techniques for slower, smarter thinking. It will enable to you make better decisions at work, at home, and in everything you do.

[CLICK HERE FOR MORE DETAILS](#)

S.P.A.R model of Trauma Therapy

Workshop for practitioners, counsellors,
therapists, teachers and social workers

This workshop will cover aspects of safety and responses to trauma, Psychobiological reactions and behaviours, including body work. Attuned recovery work with trauma clients and ways to work with our clients.

The workshop covers behaviour, learning, thinking, reactions, avoidance, CBT techniques, body work and experiential exercises for those taking part.
You have to experience it to understand it.

There will be a lot of fun and laughter and lunch will be provided.

From 10-4 on 12 & 13th March 2016

Wakefield

Please email cathknibbs@me.com for booking form and more information.

or contact 07907589125



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The directors have worked for us in a voluntary role since we began in order to help the service run.

We are lucky to have Catherine as our CEO as she has a wealth of knowledge about childhood trauma and abuse and has presented at many conferences and seminars. She specialises in CSA/CSE and runs her own website devoted to the traumas that occur from "Cybertrauma" (she coined this phrase and is the only person researching this in the UK, maybe even the world!)

**PSYCHOTHERAPY AND COUNSELLING FOR: Children and Young
People aged 2-24 Trauma, Abuse & Attachment**

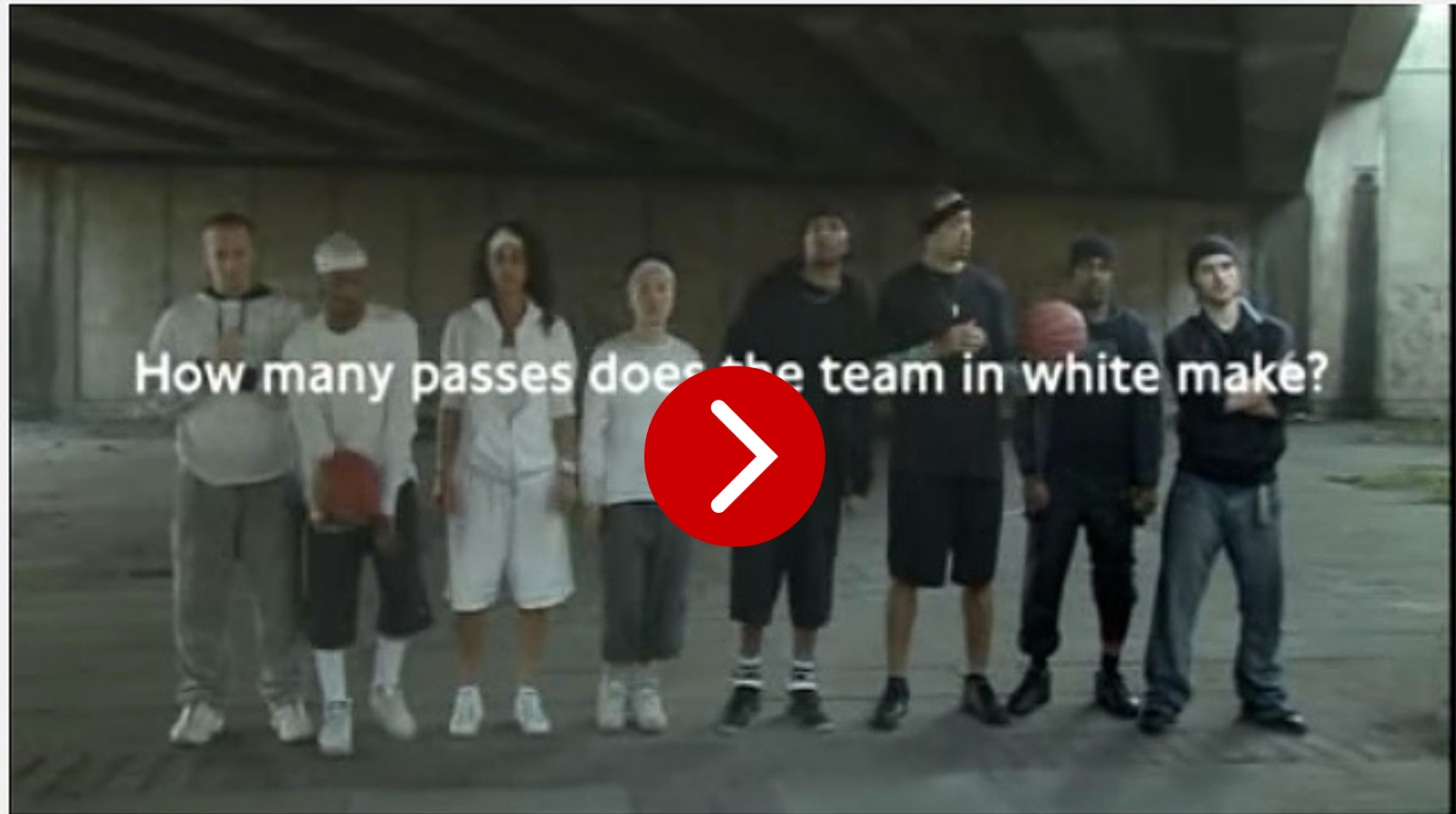
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Catherine mentioned this video which highlights awareness



awareness test

Click the image above to watch the video

Contact

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