



Trauma-informed Reflective Practice Groups (RPGs)

SPACESTherapy Reflective Practice Groups (RPGs) provide a space for practising psychotherapists and counsellors to engage in dynamic reflection and process-based learning on a selection of key topics, through a trauma-informed lens. The RPG programme encompasses:

- **Client intake and contracting**
- **Initial consultation/assessments**
- **Formulation and planning**
- **Working with time-limited models**
- **Practising during times of personal challenge**
- **Building confidence in your professional intuition**

RPGs have been set up in response to the doctoral research of Dr Beth Glanville (SPACESTherapy founder) which highlights calls for greater support, including peer support, for psychotherapists and counsellors working with clients presenting with trauma or aspects of trauma. This includes complex trauma; interpersonal and relational trauma (including neglect); developmental trauma, and single-incident trauma. The groups also support those who are looking to implement a trauma-informed approach across wider clinical practice. RPGs aim to cultivate professional and personal development and growth through collaborative reflection and learning, in a contained, supportive, and inclusive environment. RPGs are dynamic, and can flex and respond to needs of attendees. RPGs:

- **Integrate self-awareness and clinical practice, through an applied lens**
- **Sit between the functions of supervision and personal therapy**
- **Promote process-based learning through peer collaboration**
- **Integrate theoretical learning, focusing on application to clinical practice**
- **Run monthly for 90 minutes, with 4-8 attendees (plus facilitator)**

Supporting trauma-informed practice

Research recognises that the majority of adults who seek psychotherapy have experienced early trauma (Bateman et al., 2013; Bentall et al., 2014; DeCandia and Guarina, 2015; Fallot and Harris, 2009; Mauritz et al., 2013; Sweeney et al., 2018).

Thus most therapists working today will come across 'trauma-exposed' clients (Cook et al., 2011; Lueders et al., 2022; Henning et al., 2021), who would benefit from a trauma-informed approach to psychotherapy and counselling. Such an approach recognises the potential for trauma in a client's past, but also understands that while trauma or traumatic experiences themselves can be the central focus of therapy, 'going into' past traumas is not always helpful or necessary.

SPACESTherapy was created to meet the growing demand for trauma-informed psychotherapy and counselling. We work therapeutically across the spectrum of psychological distress and presentations, integrating a trauma-informed approach into all our work. The SPACESTherapy approach prioritises safety and emotional regulation to reduce the risks of re-traumatisation, and utilises in-depth clinical experience, knowledge and understanding of working with trauma to inform nuanced, ongoing, therapeutic assessment and formulation. Since its inception, SPACESTherapy has developed a specialist interest in supporting practitioners in their ongoing personal and professional development and practice.

SPACESTherapy RPGs are suitable for practising psychotherapists and counsellors (including students on placement with a recognised training provider) who wish to develop their understanding, knowledge, and experience of working from a trauma-informed perspective.

Want to get involved?

- Contact hello@spacetherapy.co.uk to express interest.
- We will send through information regarding days and timings of groups that have availability; further information regarding the running of the group including clauses pertaining to risk and confidentiality, and an attendee contract (which will need to be read and signed prior to attending.)
- Assuming availability suits you can make payment for the initial session, or for the full programme of six sessions and receive a 10% total discount.
- Come and join our SPACESTherapy RPG community online!